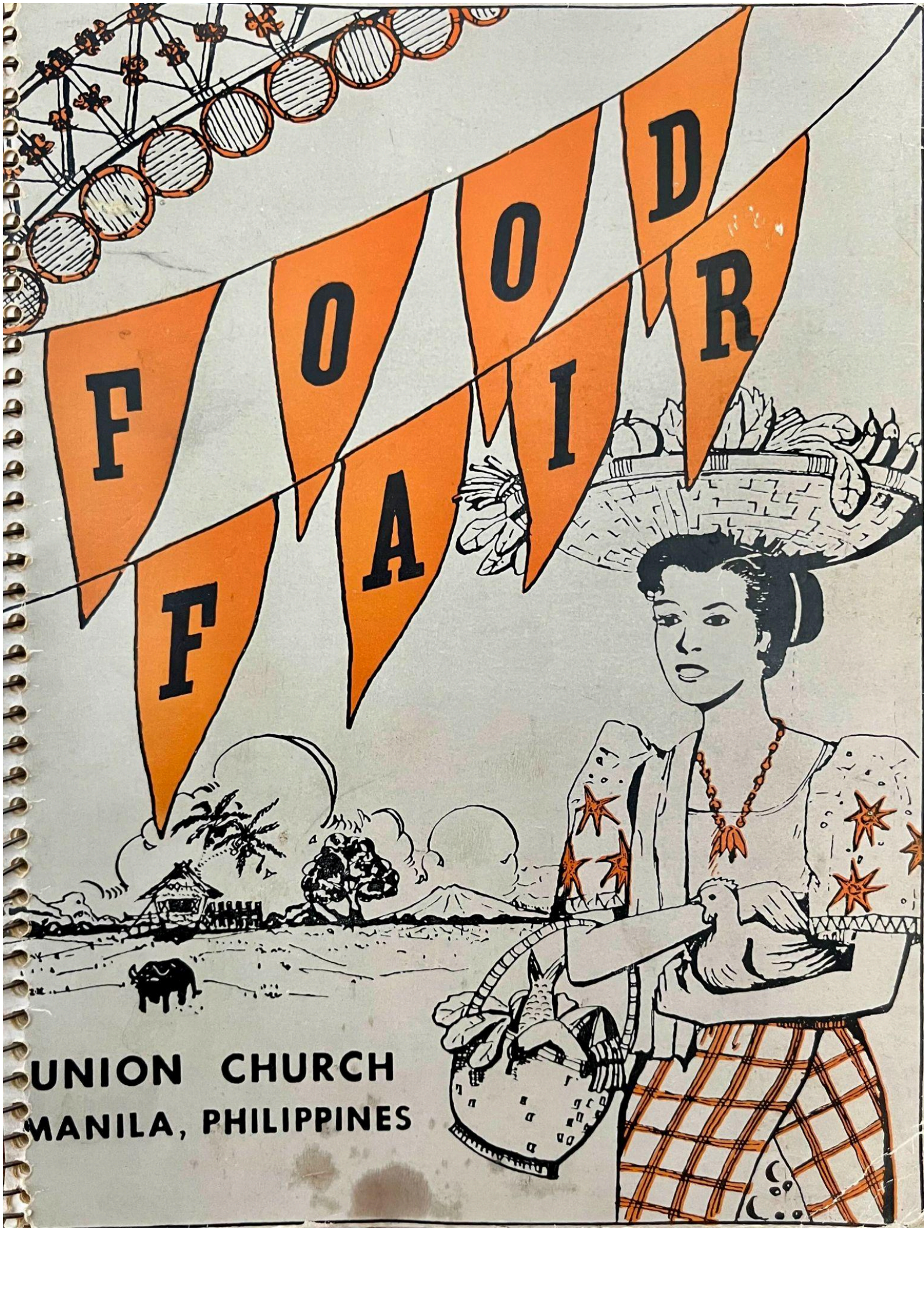
FOOD FAIR



UNION CHURCH

MANILA, PHILIPPINES

FOOD FAIR

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1958 - 1959

Manila, Philippines

Printed by Benipayo Press

UNION CHURCH FOOD FAIR

Published by the Women's Auxiliary of Union Church, Manila.

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FOREWORD

Food Fair is the third cook book published by the Women's Auxiliary of Union Church.

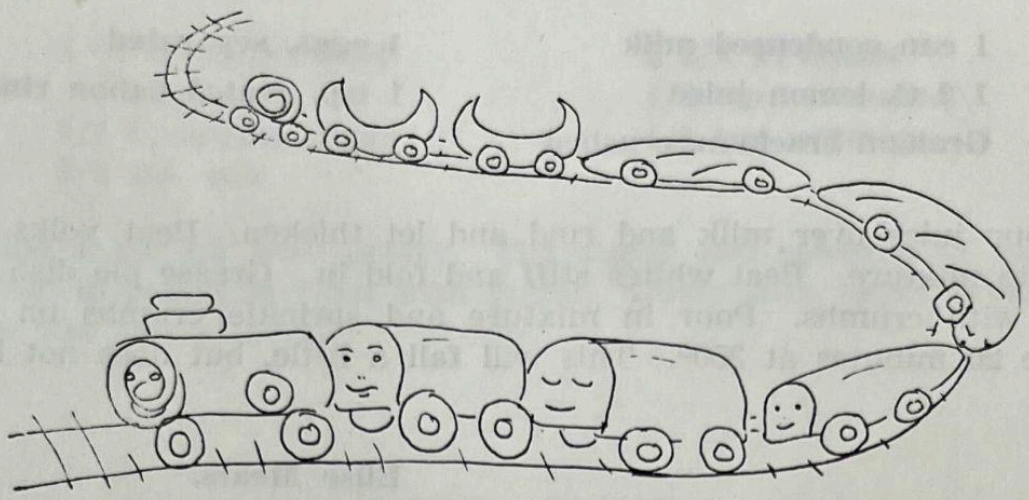
We thank all the women who contributed their favorite recipes and are sorry a few of them are unsigned.

Out of the experience gained through the previous cook books it was decided that a need could be filled by putting special emphasis on recipes using products native to the Philippines, readily available on the local market and on their vitamin and caloric content.

It is not practical to mention all those who were generous with their help. However, the outstanding contributions of Blanche Stroup, illustrations; Judy Arneson, typing; Jean Carl; Joy Morris; Mary Lou Ferst; Helen Wilson; Margaret Slawson; and the Philippine Bureau of Nutriton justify special mention.

Committee

MARGARET ARNESON, ELVA SHEPLEY



BREADS AND PASTRIES

BREAD CRUMB PIE

1 3/4 C. toasted bread crumbs
1/2 C. sugar
1/2 C. butter
1/2 tsp. cinnamon, if desired

Mix well. Save 1 C. for top. Line 10-inch pie tin.

3 egg yolks
1/2 C. sugar
1 tsp. vanilla
1 1/2 T. cornstarch
2 1/2 C. milk
1/4 tsp. salt
2 egg whites
3 T. sugar

Mix sugar and cornstarch, then all other ingredients, except whites and 3 T. sugar. Cook in double boiler until thick. Pour into crust, cover with meringue of whites and remaining sugar. Sprinkle with crumbs. Bake at 300°. Serves 6 to 8.

CHEESE PIE

1 can condensed milk
1/2 C. lemon juice
Graham crackers, crushed
4 eggs, separated
1 tsp. grated lemon rind

Pour juice over milk and rind and let thicken. Beat yolks and add to mixture. Beat whites stiff and fold in. Grease pie dish and line with crumbs. Pour in mixture and sprinkle crumbs on top. Bake 20 minutes at 350°. This will fall a little, but does not hurt pie.

Elise Mears.

ORANGE COCONUT CHIFFON PIE

1 env. Knox gelatin
1/4 C. cold water
1 T. lemon juice
2/3 C. sugar
1/4 tsp. salt
3/4 C. fresh or frozen orange juice
1/4 tsp. grated orange rind
3 eggs, separated
1 C. chopped, shredded coconut

Soften gelatin in cold water and lemon juice in top of double boiler. Add 1/3 C. water, salt, orange juice and orange rind. Place over boiling water, stir until gelatin and sugar are thoroughly dissolved. Slowly pour small amount of hot mixture over slightly beaten egg yolks. Return to double boiler. Cook over hot, not boiling water, stirring constantly until mixture thickens slightly. Remove from heat, chill until mixture is slightly thicker than the consistency of unbeaten egg whites. Stir in chopped coconut. Beat egg whites until stiff and gradually beat in 1/3 C. sugar. Fold stiffly beaten egg whites into gelatin mixture.

Turn into baked 9" pastry shell and chill until firm. Or sprinkle bottom of cake pan with shredded coconut and pour mixture over. Serve it in small squares with tea.

Hazel Kreutz

MANGO PIE

4 C. sliced or diced mangoes
1/2 C. brown sugar
1/3 tsp. salt
1 1/2 T. butter
1/4 tsp. cinnamon
1/8 tsp. nutmeg

Line a pie tin with pastry. Mix sugar and spices with mango. Spread in pastry and dot with butter. Cover with upper crust and bake like any fruit pie.

RAISIN TARTS

1 C. raisins
1 C. sugar (may be scant)
1 tsp. vanilla
1/4 C. butter (or substitute)
1/4 C. milk
1 egg

Beat egg slightly and add other ingredients save raisins. Put raisins in unbaked tart shells shaped in muffin pans — 10-12. Pour egg mixture over the raisins. Bake in 375° oven until top is brown or about 30 minutes.

Jean Carl

MOCK APPLE PIE

pastry for 2-crust pie
4 sayote
3/4 C. sugar
3/4 tsp. cinnamon or nutmeg
juice of 2-3 calamansi
1 T. constarch
1 T. margarine

Pare and cut sayote into desired wedge shaped pieces. Pre-cook in salted water about 10 minutes. Drain.

Line pie tin with pastry. Spread cornstarch on bottom crust. Mix sugar and spice with sayote. Place in pastry-lined tin. Sprinkle with calamansi juice. Dot with margarine. Cover with top crust which has slits cut in it.

Bake in hot oven (425°) for 30-40 minutes.

Wilma Tye

FLORIDA PAPAYA PIE

2 C. papaya, diced
1/2 C. granulated sugar
1 9-inch pie shell
1/8 tsp. of salt
juice of 1/2 lime

Mix papaya, sugar, salt, and lime juice and pour into pie shell. Then put a solid top crust over the pie. Bake at 350° oven 35-40 minutes or until crust is nicely browned.

PRUNE PIE

3/4 C. pulp of cooked prunes, unsweetened
1/2 C. sugar
1 T. lemon juice
1/2 tsp. lemon rind, grated
3 egg whites
1/8 tsp. salt
1/2 C. sugar

Prepare a baked pie shell. Beat whites stiff, adding 1/2 C. sugar gradually and salt. Add 1/2 cup sugar, lemon juice and rind to prunes. Fold egg mixture into fruit. Pour into pie shell. Bake 20 min. at 325°, or until set.

Hazel Kreutz

GUAVA MUFFINS

1/2 C. fresh guava pulp
1/4 C. milk
1/4 C. strong coffee
1/2 C. shortening
1 C. sugar
3 eggs, beaten
2 C. flour
1 tsp. salt
1 tsp. soda
2 tsp. baking powder

Cream shortening and sugar and add eggs. Sift flour, salt, soda and baking powder together and add to sugar mixture alternately with liquid. Put into greased muffin tins. Bake 30 minutes at 325°. If guava pulp is not available, use guava jelly or jam, but reduce sugar by half.

Max Mori, Kona Inn

CINNAMON ORANGE TOAST

2 T. grated orange peel
2 T. orange juice
1/2 C. granulated sugar
dash of cinnamon

Mix ingredients, spread on buttered toast, and brown slightly under broiler. Makes enough to spread 6-8 slices of toast. Serve with tea, chocolate, or coffee. Very good served with cottage cheese and fruit for luncheon.

Jean Carl

ORANGE MARMALADE NUT BREAD

1/4 C. sugar
1 egg
1 C. milk
1/2 C. walnuts, chopped
3 C. pastry flour . .
3 tsp. baking powder
1/2 tsp. salt
1/2 C. orange marmalade
1 T. grated orange peel

Sift together flour, baking powder, salt and sugar. Add nuts, marmalade, peel, egg and milk. Mix well. Pour into greased loaf pan. Let stand 10 minutes, then bake 1 hour, or less, in moderate oven. Delicious for sandwiches with cream cheese filling.

Emma S. Thomas

HOLLAND BRIOCHE CAKES

1 C. scalded milk
1/3 C. sugar
1 yeast cake (1 T. granulated)
3 C. flour.
3 eggs, well beaten
1/3 C. melted butter
1/4 tsp. salt
grated rind 1/2 lemon

Add sugar to milk. When lukewarm, add yeast cake broken in pieces and when yeast cake is dissolved, add 1 1/2 C. flour; cover and let rise until full of bubbles. Add eggs and remaining ingredients. Cover and let rise again. Shape, let rise and bake like coffee rolls. 20 min. 350° oven. Makes 20-24 cakes. (We made twisted like crullers).

Betty Welford

RHUBARB PIE

3 cups rhubarb
3/4 cups sugar
2 T. flour
2 eggs, separated

Make pastry for one-crust pie of desired size. Line pie pan. Mix flour and sugar together, mix lightly through rhubarb cut in 1" pieces. Pour into pastry-lined pan. Bake until juice forms, then take a little juice and mix with 2 beaten egg yolks. Pour over rhubarb and bake until rhubarb is tender. Make meringue with the two egg whites, spread over pie, bake until a delicate brown. Serve warm or cooled, as desired. Temperature: 400°.

Lois Anderson

POPPY SEED BREAD

3 C. flour
1 tsp. salt
3 1/2 tsp. baking powder
1/3 C. poppy seed
2 T. shortening
3/4 C. sugar
2 eggs
1 tsp. lemon flavoring
1 1/3 C. milk

Sift together flour, salt and baking powder. Mix with poppy seed. In another bowl cream together shortening and sugar. Add eggs and flavoring and beat well. Add flour mixture alternately with milk. Pour into greased loaf pan.

Bake at 350,°, for 1 hour.

Wilma Tye

ORANGE DATE BREAD

2/3 C. sugar
1/3 C. shortening
2 eggs
1/2 C. nuts, chopped
1 C. dates, chopped
2 C. flour
1 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1 orange, juice and pulp
water

Prepare orange juice and add water to make 1 cup. Beat sugar, shortening and eggs together. Sift flour, salt, soda and baking powder together, and add to sugar mixture alternately with liquid. Add nuts and dates. Let stand in greased loaf pan 20 minutes, then bake 1 hour at 350°.

Al Boni

PINEAPPLE RAISIN BREAD

3 C. flour
4 tsp. baking powder
3/4 tsp. salt
1 egg
3/4 C. sugar
1/3 C. milk
1 9-oz. can crushed pineapple
3/4 C. raisins, chopped
1/3 C. shortening, melted

Sift together flour, baking powder, salt and sugar. Break egg into 2 qt. bowl, beat slightly. Add milk, pineapple, raisins and shortening. Stir. Add flour mixture. Stir just enough to moisten dry ingredients. Pour into loaf pan, greased, and bake 1 hour at 350°. Cool 5 minutes, then remove from pan.

Ruth Walser

DATE NUT BREAD

3/4 C. sugar
1 egg
1 T. shortening
1 tsp. vanilla
3/4 C. nuts, chopped
2 1/4 C. flour
1/4 tsp. baking powder
2 tsp. soda
1/2 tsp. salt
1 C. dates, chopped
1 1/2 C. boiling water

Pour boiling water over dates and let stand while preparing mixture. Beat egg, add sugar. Sift flour, soda, baking powder, and salt, and add nuts. Add dates and flour mixture alternately to egg mixture. Stir in melted shortening and vanilla. Pour into greased loaf pan and bake 1 1/4 hours at 350°.

Irene Anderson

WHITE GINGER BREAD

3 C. flour
1 1/2 C. sugar
1 C. sour milk
1 C. vegetable shortening
2 eggs
1 tsp. soda
1 tsp. ginger
1 tsp. cinnamon

Mix together flour, sugar and shortening for crumb mixture. Set aside 1 cup of crumbs for top. Add milk, eggs, soda, cinnamon and ginger to remainder of crumb mixture. Pour in a greased 13″ x 9″ pan and sprinkle the crumb topping on. Bake at 350° for 45 minutes.

Joan Smith

NUT BREAD

1/2 C. sugar (3/4 C. if you like it sweet)
1 egg
1/2 tsp. salt
1 C. milk
2 1/2 C. flour
4 tsp. baking powder (double acting)
1 C. chopped walnuts

Add sugar, egg, salt, milk, flour and baking powder in order, mix well. Add chopped nuts. Put in greased and floured loaf pan. Let stand about 20 minutes. Bake in moderate oven (300°) for 35-40 minutes.

Mary Lou Ferst

NO-BEAT POPOVERS

2 eggs, well beaten
1 C. milk
1 C. flour
1/2 tsp. salt

Put all ingredients in bowl and mix well, never mind the lumps. Fill greased muffin pans or pyrex cups. Put in cold oven, heat to 450°. Bake for 30 minutes, **without looking.**

Makes 8 medium-sized pop-overs.

Leith Fonger

SWEDISH COFFEE RING
(KAFFEKRANS)

3/8 C. butter
1/4 C. sugar
1 egg
6 cardamon seeds, crushed
2 T. seedless raisins
2 T. chopped citron
2 1/8 C. flour, sifted
1 tsp. salt
1/4 tsp. soda
3 tsp. baking powder
5 T. sour cream or 4-2/3 T. evaporated milk with 1 tsp. vinegar
1 egg
3 T. powdered sugar

Cream butter with sugar; add beaten egg, cardamon seeds, raisins, and citron. Sift flour, salt, soda, baking powder and add alternately with cream. Stir only enough to mix.

Using very large spoon, lay spoonfuls of dough in shape of a ring on a greased, and lightly floured baking pan. Brush top with beaten egg and sprinkle with sugar. Bake in hot oven, 425° for 20 minutes.

Marty Gillespie

30 MINUTE COFFEE CAKE

3/4 C. sugar
1/4 C. shortening
1 egg
1/2 C. milk
1 1/2 C. sifted flour
2 tsp. baking powder
1/2 tsp. salt

Mix together sugar, shortening and egg. Stir in milk. Sift and stir in flour, baking powder and salt. Pour into 9" sq. pan.

Sprinkle one of following toppings over batter before baking for 25-35 min. in 375° oven.

CINNAMON — Sprinkle over top 1/2 C. brown sugar; 1/2 tsp. cinnamon.

ORANGE — Use orange juice for 1/2 of milk. Add 1-1/2 tsp. grated orange rind. Sprinkle top with: 1/2 C. sugar; 1/3 C. flour; 1/2 tsp. cinnamon; 1/4 C. butter.

MARMALADE — 1/2 C. brown sugar; 1/2 C. flour; 2 T. butter; 1 T. evap. milk; 1/2 C. marmalade.

Topping melts down through cake while baking.

Marty Gillespie

STRAWBERRY PIE

2 pints strawberries
2 T. cornstarch
1 T. lemon juice
1 C. sugar

Crush 1 pint strawberries. Add sugar which has been mixed well with the cornstarch. Cook in double boiler until thick. Add lemon juice. Cool and add the remaining whole berries. Pour into baked pie shell and cover with whipped cream.

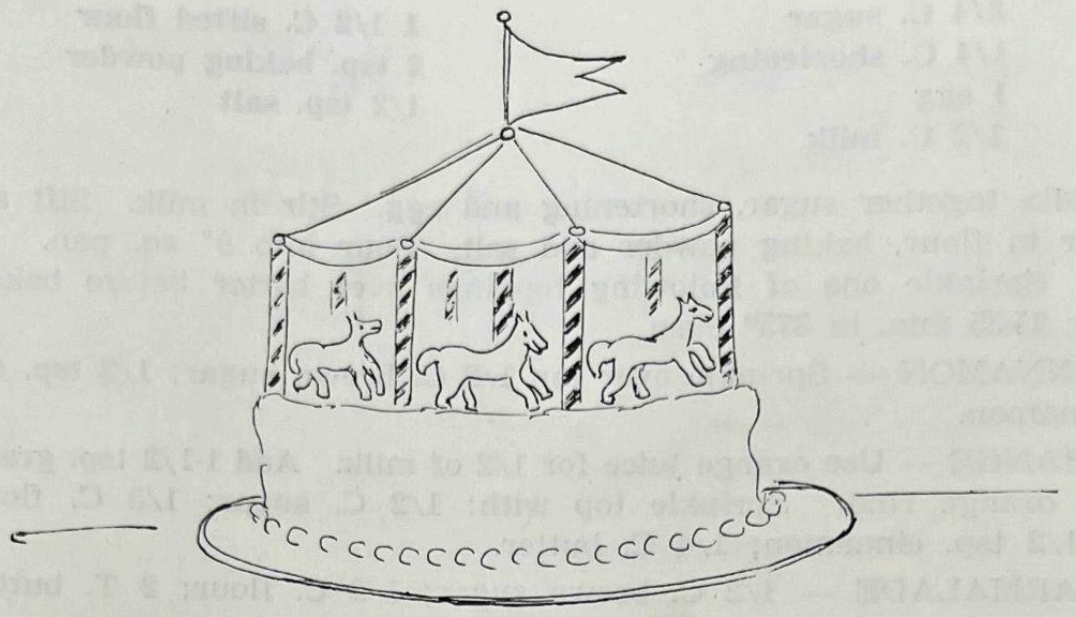
Louise Snell

ALL "2" PANCAKES

2 C. flour
2 C. milk
2 T. double-action baking powder, rounded
2 eggs, beaten
1 tsp. salt
2 T. sugar
2 T. butter, melted

Use all purpose flour, for cake flour will not work well. The baking powder is probably equal to three level T. Sift flour, salt and baking powder together. Add milk to eggs. Mix and at the last, add butter.

Beth Magee



CAKES AND COOKIES

COCONUT OATMEAL COOKIES

1 C. butter or shortening
1 C. brown sugar
1 C. white sugar
2 eggs, beaten
1 C. flour
1/2 tsp. salt
1 tsp. soda
1 tsp. vanilla
3 C. oatmeal (quick cooking)
1 C. cocoanut

Cream butter, sugar and eggs. Sift together flour, salt, soda. Add all the ingredients together in the order listed. Bake at 350° for 10 min.

Hazel Lineweaver

KISSES

1 C. shortening
2 C. sugar
2 C. flour, sifted
1 tsp. cinnamon
1/2 tsp. soda

Cream shortening until fluffy; slowly add sugar, then work in dry ingredients. Roll out on a slightly floured board about 1/4" thick and cut into rounds or squares. Bake in hot oven (400°) for 10 min. While still hot, roll in a mixture of sugar and cinnamon. Best served while hot.

Vee Hosmer

SCOTCH SHORTBREAD

1 C. butter
1 egg yolk
3/4 C. sugar
2 1/4 C. flour

Cream butter, add egg yolk, sugar and flour. Knead and spread in 8 x 8 pan. Prick with fork like piecrust and bake at 325° for 45 min. or until golden brown. If you prefer them more the consistency of Lorna Doones, bake in 9 x 15 pan.

Gertrude Simon

GRAHAM CRACKER BROWNIES

1 can condensed milk
1 tsp. vanilla
1/2 C. nuts, chopped
24 graham crackers
1 pkg. chocolate chips
1/2 tsp. baking powder.

Mix well and bake in greased 8″ x 8″ pan at 350° for 30-35 minutes.

Al Boni

COCONUT STRIPS

2 eggs, well beaten
2 C. brown sugar
2 C. dry coconut
1/4 C. nuts, chopped
6 T. flour
1/4 tsp. vanilla

Mix all ingredients and spread in a buttered and floured pan, 9″ x 9″. Bake at 350° about 20 minutes, or until brown.

While warm cut in strips about 1″ x 2″. Roll in powdered sugar. Makes 36. May be frozen.

Jane Romita

BROWNIES

4 ounces chocolate
1/2 C. butter
4 eggs
1 C. flour, sifted
1/4 tsp. salt
2 C. sugar, sifted
1 tsp. vanilla
1 C. nut meats

Melt and cool the chocolate and butter. Beat until light the eggs and salt. Add the sifted sugar gradually. Continue to beat until light and creamy. Fold in melted mixture and vanilla. Add flour and beat batter until smooth. Fold in nut meats.

Pour batter in 9″ x 13″ pan lined with heavy waxed paper. Bake at 325° for about 30 minutes. When cool cut into squares.

Joy Morris

COCONUT REFRIGERATOR COOKIES

2 C. brown sugar
3/4 C. shortening (Purico)
2 unbeaten eggs
1 tsp. almond flavoring
1/2 tsp. salt
3 C. fresh grated coconut
1 C. raisins
1/2 C. broken nut meats
1 1/2 C. flour
6 tsp. whole milk powder
2 tsp. baking powder

Mix well together brown sugar, shortening, eggs, flavoring and salt. Add coconut, raisins, and nuts. Sift together flour, milk powder and baking powder and add to the other mixture.

Make into a cookie-sized roll; wrap in wax paper or tinfoil and refrigerate a couple of days or freeze until needed. Cut in 1/4" slices and place on a greased pan. Bake at 350° for 10-12 minutes. If baking makes bottoms burn, cook them under the broiler.

Ruth T. Scollay

WHITE COCONUT FRUIT CAKE

1 can condensed milk (large)
1 C. nuts
1/2 lb. shredded coconut
1 pkg. dates, pitted
1/4 C. flour
1/2 pkg. Lyons fruit mix, or 1/2 bottled mix

Put ingredients in large bowl. Mix with hands. Pack in buttered pans and bake at 325° for 40 minutes.

2 cakes 3" x 6 1/2".

Margaret Arneson

BANANA CAKE

1 C. sugar
1/2 C. shortening
4 T. sour milk
1 egg
1 1/2 C. flour
1 tsp. baking soda
2 bananas, mashed

Cream together sugar, shortening, milk, egg and bananas. Add flour and baking soda sifted together.

Bake in moderate oven — 40 min. 8" x 8" pan.

Joan Smith

FRYING PAN DATE BALLS

2 eggs, beaten
1/4 tsp. salt
1 C. sugar
1 tsp. vanilla or almond flavor
1/2 tsp. lemon juice (optional)
1 C. chopped dates
1/8 C. butter
2 C. Rice Krispies

Melt butter in medium-sized frying pan. Add all ingredients but the Rice Krispies. Cook on top of stove until quite thick and brown, stirring to prevent burning. Cook on medium heat. Add Rice Krispies and mix thoroughly. Cook for another minute or two. Remove from burner. Shape by teaspoonfuls into balls. Roll in crushed graham crackers or finely dessicated cocoanut or finely chopped nuts.

Let cool on waxed paper. Makes 2-2 1/2 dozen.

Margaret H. B. Darling

CHERRY SQUARES

1 C. flour
1/2 C. butter
1/4 C. brown sugar
1/2 tsp. salt
1/2 tsp. baking powder
1/4 tsp. salt
1 small bottle maraschino cherries, cut small
2 egg whites, beaten stiff
1 1/4 C. brown sugar
1/2 tsp. vanilla or almond flavor
1/4 tsp. baking powder

Mix together first 5 ingredients and put in 8″ pan. Bake 10 min. at 275°. Remove from oven and cover with cut cherries. Mix remaining ingredients together and pile on top of cherries. Cook in 275°-300° oven for 20-25 min. Cool and cut in squares.

Margaret H. B. Darling

BUTTERSCOTCH STICKS

1/2 C. butter
2 C. brown sugar
2 eggs
1/2 C. nuts
2 C. flour
1/2 tsp. salt
1 tsp. vanilla
2 tsp. baking powder

Melt butter in saucepan. Add sugar and when well blended remove from heat and cool. Add unbeaten eggs, one at a time and beat well. Add dry ingredients, nuts and vanilla. Spread in a shallow 8″ x 8″ pan. Bake 30-35 minutes at 350°. While hot cut in strips.

Irene Anderson

BUTTER TARTS

1 C. sugar
2 T. lemon juice
1 C. currants or raisins
pastry
2 eggs
1/4 C. butter
1/2 tsp. vanilla

Cream butter, add sugar and mix thoroughly. Add unbeaten eggs, raisins and flavoring. Line small muffin tins with pastry, fill with mixture.

Bake in oven at 450° for 15 min. Reduce to 375°-400° and continue baking until well browned on top. Makes 2 dozen in smallest muffin tins.

Margaret H. B. Darling

COCONUT FILLED COOKIES

1/4 C. butter
1 1/4 C. sugar
1/2 C. milk
2 eggs
1 tsp. vanilla
1/2 tsp. salt
3 1/2 C. flour
4 tsp. baking powder

Cream butter; add sugar slowly, beating well. Add 1 beaten egg, milk and vanilla; add flour, salt and baking powder which have been sifted together. Roll out thin on slightly floured board and cut into rounds with cookie cutter. Place 1 tsp. of cooked coconut filling on one of the cookie rounds. Cover with another round, pressing edges together with a fork. Beat remaining egg and brush over top of cookies. Bake on greased baking sheet in moderate oven about 15 minutes. Makes 50 2 1/2" cookies.

Coconut filling:
1 C. fresh coconut, grated
4 C. water
2 C. sugar
1 lime rind, grated
1 cinnamon stick
1 egg, beaten

Mix coconut with water and cook until water is reduced one-half. Add sugar, rind and cinnamon stick. Cook slowly until thick. Add egg and cook 5 min. longer, stirring constantly to prevent burning. Cool.

Note: Add 1/2 cup finely chopped nuts to filling for variation.

Mary L. Deam

TOFFEE-NUT BARS

Bottom layer:
1/4 C. shortening
1/4 C. soft butter
1/2 C. brown sugar
1 C. sifted flour

Mix shortening, butter and brown sugar thoroughly. Stir in flour. Press and flatten with hand to cover bottom of ungreased 13″ x 9″ oblong pan. Bake 10 min. at 350°. Spread with:

Almond-coconut topping:
2 eggs, well beaten
1 C. brown sugar
1 tsp. vanilla
2 T. flour
1 tsp. baking powder
1/2 tsp. salt
1 C. moist shredded coconut
1 C. chopped almonds (or other nuts)

Stir brown sugar and vanilla into eggs. Mix together and stir in flour, baking powder and salt. Add coconut and nuts.

Return to oven and bake 25 min. more until topping is brown. Cool slightly then cut into bars. Makes 2 1/2 doz. 1″ x 3″ bars.

Alice Hall

DREAM BARS

1/2 C. butter
1 C. flour
1/2 C. brown sugar
2 eggs, beaten
1/2 C. brown sugar
2 T. flour
1 tsp. baking powder
1 1/2 C. coconut
1 C. nuts, chopped
1 tsp. vanilla

Mix butter, flour and sugar into crumbly mass. Spread in bottom of large pan and bake 10 minutes at 375°. Let cool. Beat eggs and gradually add sugar and vanilla. Mix flour, salt and baking powder and sift over coconut and nuts. Add to egg mixture. Pour on baked crust. Bake 20 minutes at 375°. Cool and cut into squares.

Irene Anderson

MERINGUE LAYER COOKIES

1/2 C. butter
1 C. sugar
1 egg or 2 egg yolks, well beaten
1 T. cream or milk
1/2 tsp. vanilla
1 1/2 tsp. vanilla
1 1/2 C. all-purpose flour
1/4 tsp. salt
1 tsp. baking powder

Cream butter, beat in sugar, egg, cream and vanilla. Add flour, salt, and baking powder sifted together. Mix well. Spread evenly in buttered tin about 9″ x 9″.

Beat 1 egg white, add 1 C. brown sugar and 1/2 tsp. vanilla. Spread over cooky mixture. Sprinkle with 3/4 C. chopped nut meats and press lightly. Bake 30 min. at 325°. Cut in squares or strips.

WALNUT ORANGE CRISPS

2 3/4 C. flour
1/2 tsp. baking soda
1/2 tsp. salt
1 C. shortening
1/2 C. sugar
1/2 C. brown sugar
1 egg unbeaten
1 tsp. vanilla
1 T. grated orange rind
1 C. walnuts, cut fine
2 T. orange juice

Sift flour, soda and salt. Cream shortening and mix with sugar, egg, vanilla, orange juice and rind. Beat until light and fluffy. Add flour mixture, then the nuts, just until mixed. Chill until easy to handle. Form dough into little balls, flatten with a fork and sprinkle with sugar, nuts and rind.

Bake 10-12 minutes at 400°.

Irene Anderson

PECAN ROLLS

7/8 C. butter
4 T. powdered sugar
2 C. flour
1 tsp. vanilla
1 C. chopped pecans
1 tsp. water

Cream butter with sugar. Add flour, vanilla, pecans and water and roll as lady fingers. Cook in a slow oven, 275°-300°, until light brown. When cool roll in powdered sugar.

Mrs. Gerald Walker

DUTCH SPICE COOKIES

Speculaas

2 C. butter
2 C. sugar
4 C. sifted flour
4 tsp. cinnamon
1/2 C. sour cream
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 tsp. baking soda
1/4 tsp. salt
1/2 C. nuts, chopped

Cream together butter and sugar. Sift together flour, spices, baking soda and salt. Add flour mixture to sugar and butter alternately with sour cream. Add nuts. Knead together well. Shape into loaf, wrap in waxed paper and chill. Slice and bake in 400° oven till browned, 5-8 min. Makes 72 cookies.

Alice Hall

MOLASSES SUGAR COOKIES

3/4 C. shortening
1 C. sugar
1/4 C. molasses
1 egg
2 tsp. baking soda
2 C. all-purpose flour, sifted
1/2 tsp. cloves
1/2 tsp. ginger
1 tsp. cinnamon
1/2 tsp. salt

Melt shortening in a 3-4 qt. saucepan over low heat. Remove from heat, let cool. Add sugar, molasses and egg, beat well. Sift together flour, soda, cloves, ginger, cinnamon and salt. Add to first mixture. Mix well, chill. Form in 1-inch balls, roll in granulated sugar and place on greased cookie sheets two inches apart. Bake in moderately hot oven, 375°, 8-10 min.

Irene Anderson

BROWNIES

1/2 C. butter
2 squares chocolate
1 C. sugar
2 eggs
1/2 C. flour
1/4 tsp. salt
1 tsp. vanilla
1 C. walnut meats

Melt butter and chocolate in double boiler. Stir until well melted and blended. Cool slightly. Add sugar, well beaten eggs, flour, salt, vanilla, and nut meats. Pour into greased square tin. Bake 25 min. in 350° oven.

Louise Snell

PAPAYA SAUCE CAKE

1 C. papaya
3 T. water
1/4 C. margarine
1 C. sugar
1 egg, beaten
1 1/2 C flour
1 T. baking powder
1/2 tsp. salt
1/3 tsp. cinnamon
1/3 tsp. nutmeg
1/4 tsp. ginger
1 T. lemon juice
1/2 C. raisins

Stew papaya and water 20 minutes. Put thru sieve. Cream margarine and sugar, and add egg. Sift flour, baking powder, salt and spices. Add alternately with papaya liquid to sugar mixture. Fold in lemon juice and raisins. Pour into greased cake pan 6" x 9". Bake 45 minutes at 325°. Serve plain or top with non-fat whipped topping.

Max Mori. Kona Inn

APPLE SAUCE CAKE

1 3/4 C. cake flour
1 tsp. soda
1/4 tsp. salt
1 tsp. cinnamon
1/2 C. shortening
1 C. sugar
1 egg
1 C. raisins
1 C. nuts
1 C. hot apple sauce

Sift dry ingredients together. Cream together shortening and sugar and add egg and beat together. Add dry ingredients, raisins, nuts and apple sauce. Bake at 350° for 1 hour or a little longer in 6″ x 9″ pan.

Elise Mears

ORANGE COCONUT CAKE

3 C. flour (cake)
5 tsp. baking powder.
1/2 tsp. salt
1/2 C. orange juice
3/4 C. water
3/4 C. margarine
2 C. sugar
2 tsp. orange rind, grated
2 egg yolks
4 egg whites
1/2 C. grated coconut

Sift flour, baking powder and salt together. Mix orange juice and water. Cream margarine, sugar and egg yolks together and add orange rind. Add flour mixture alternately with liquid. Beat whites until stiff. Fold into batter together with coconut.

Pour into 2 greased pans, or even 3 for thinner layers. Bake 30 minutes at 350°.

DEVIL'S FOOD CAKE

2 C. pastry flour
1 1/4 tsp. soda
1/4 tsp. salt
1/ C. butter
1 C. sugar
2 eggs white beaten separately
2 sq. bitter chocolate
3/4 C. sour milk or buttermilk
1 tsp. vanilla
1/3 C. boiling water
1/2 tsp. cloves

Cream butter and sugar add gradually, floor, soda, salt, which have been sifted together 3 times. Add water and beat well, at least 5 minutes in electric beater.

Put in medium ring pan and bake at 350° for about 45 min. or until it leaves the side of the pan.

Frost with 7 minute icing with melted chocolate swirled on the top. 12 servings.

Margaret Arneson

COTTAGE CHEESE CAKE

18 slices zwieback
1/4 C. butter, melted
1 T. sugar

Roll out zwieback into fine crumbs and mix with butter and sugar. Press firmly into bottom and sides of well-buttered 9″ spring-form pan.

1 lb. creamy cottage cheese
1/4 C. flour, sifted
4 egg yolks
1 C. sugar
juice of 1/2 lemon
4 egg whites
1 1/2 tsp. lemon rind, grated
1/2 tsp. vanilla
pinch of salt
1/2 C. currants (optional)
1 C. heavy cream, whipped

Force cottage cheese through sieve with back of wooden spoon and mix with flour. Beat until light and fluffy. Beat yolks until light and add half of sugar gradually. Beat until thick and pale in color. Add lemon juice, rind, vanilla and salt. Fold into cottage cheese and add currants if desired.

Fold in cream and egg whites, beaten stiff and glossy with remaining sugar. Blend gently but well and turn into the pan. Sprinkle top with remaining crumbs and bake at 325° for 1 hour. Turn off heat, open door and let cake cool for 1 hour longer in oven. Cool thoroughly before taking from pan.

Joy Morris

LAZY DAISY CAKE

3 eggs
1 1/2 C. sugar
1/2 tsp. salt
3/4 C. milk
1 1/2 C. flour, sifted
1 1/2 tsp. baking powder
1 tsp. vanilla
1 1/2 T. butter

TOPPING:
6 T. butter
1 C. brown sugar
1 1/2 C. grated coconut
4 T. cream

Beat eggs until thick, and add sugar. Sift flour with baking powder and salt and add to sugar mixture. Add vanilla. Heat milk with butter and then add to mixture. Batter will be thin. Bake 30 minutes at 350°, in 8″ x 8″ pan. Remove from oven, cover with topping and place under broiler until light brown. 12 servings.

Mildred Miles

"A MAN'S FAVORITE CAKE"

2 cups raisins
2 cups sugar
2 cups water
4 T. shortening
1/2 tsp. salt
2 tsp. cinnamon
1 1/2 tsp. cloves

Cook ingredients above for five minutes, let cool. Mix 2 tsp. soda with 3 cups flour, add to cooled mixture. Pour into greased and floured 13" x 9" oblong pan. Bake approximately one hour.
Temperature: 350°.

Lois Anderson

SOUR MILK SPICE CAKE

2 1/4 C. cake flour, sifted
1 tsp. baking powder
3/4 tsp. baking soda
1 tsp. salt
3/4 tsp. cloves
3/4 tsp. cinnamon
pinch of black pepper
3/4 C. shortening, butter or margarine
3/4 C. firmly packed brown sugar
1 C. granulated sugar
1 tsp. vanilla extract
3 eggs
1 C. buttermilk, or sour milk

Start oven at 350°. Heavily grease bottoms and sides of three 8" cake pans. Coat pans with flour by sifting a little into each pan and shaking vigorously so there is a film of flour over bottoms and sides.

Sift flour. Spoon lightly into cup and cut off excess to make a level cupful. Sift flour again, this time with baking powder, soda, salt, cloves, cinnamon and pepper. If brown sugar is lumpy, sift or roll it. With clean hands, work or cream shortening with a beating motion until it looks like whipped cream. Work in brown sugar a little at a time and then the granulated sugar. Add vanilla. Continue creaming until mixture is fluffy and grains of sugar almost disappear.

When sugar is all in, add eggs, unbeaten, one at a time, beating hard after each addition. From here on, work fast.

Begin to add flour mixture. Sift about 1/3 into the batter and stir in. Do not beat. Add about 1/2 of the milk and stir it in. Repeat operations, ending with flour.

Pour batter into pans, dividing evenly. Bake 30-35 min. or until cake edges leave sides of pans. Remove from oven, allow to cool about 5 min. before turning out on a cake rack to cool thoroughly.

Elva Shepley

EGGLESS, MILKLESS SPICE CAKE

1 C. dark brown sugar
1/2 C. white sugar
1 1/4 C. water
1 C. raisins
1 C. crushed pineapple (drained)
1 C. canned apples, drained
1/3 C. butter or shortening
1 tsp. nutmeg
1 .tsp. cinnamon
dash of allspice or ginger
3.tsp. baking powder
1 level tsp. soda
2 C. flour

Boil sugar, water, fat, raisins, spices and salt together in a saucepan about 5 min. When cool add flour, baking powder and soda (which have been sifted together).

Mix well, add apples and pineapple last. Bake in a shallow pan in a moderate oven, 350°, about 45 min. Cake has a little more zip with a bit of icing.

P.S. Nuts are also a good addition.

Vee Hosmer

OLD FASHIONED SPONGE CAKE

24 eggs
2 1/2 lbs. sugar
1 3/4 lbs. flour
1 C. water
2 tsp. baking powder, heaping
2 tsp. vanilla or lemon extract
1 tsp. salt

Beat yolks until light and fluffy then slowly add the sugar until the mixture is beautiful and creamy. Sift flour several times. In the mean time the whites are beaten until they stand in stiff peaks. And 1 C of sifted flour to the egg yolks, then some of the whites. Add the cup of ice cold water. Add the rest of the flour and baking powder, salt mixture. Fold in all ingredients instead of the stirring method. Bake in a moderate oven 350°, allow to stand several hours before cutting. It is good without icing or with, whichever you prefer. Bake 25-30 min. in shallow pans.

This cake will serve 30 people or more so therefore the recipe can be made smaller.

Vee Hosmer

MARSHMALLOW CAKE

1/2 C. shortening
1 1/2 C. sugar
2 C. Swans Down flour
or 1 3/4 C. flour
with 3 T. Cornstarch
1/2 C. milk
3 tsp. baking powder
4 egg whites
1 tsp. cream of tartar
1/8 tsp. salt
1 tsp. vanilla

Cream shortening, add sugar gradually. Mix and sift dry ingredients. Add them alternately with milk to creamed mixture. Lastly, add very stiffly beaten egg whites and flavoring. Bake in layer pans or shallow square tins in 350° oven for 30 minutes. Put layers together with marshmallow frosting.

Vee Hosmer

CHOCOLATE CAKE

1 1/2 C. sugar
1/2 C. cocoa
3 eggs
2 C. flour
1 C. butter
2 T. water
1 C. cold strong coffee
1 T. vinegar
1 tsp. vanilla
1 tsp. soda
pinch salt

Cream butter, sugar and cocoa well. Beat eggs in, one at a time. Add coffee in which soda has been dissolved. Sift in flour. Beat very hard, add vanilla, salt, and vinegar last. Bake in moderate oven, 350°, till cake pulls from sides of pan.

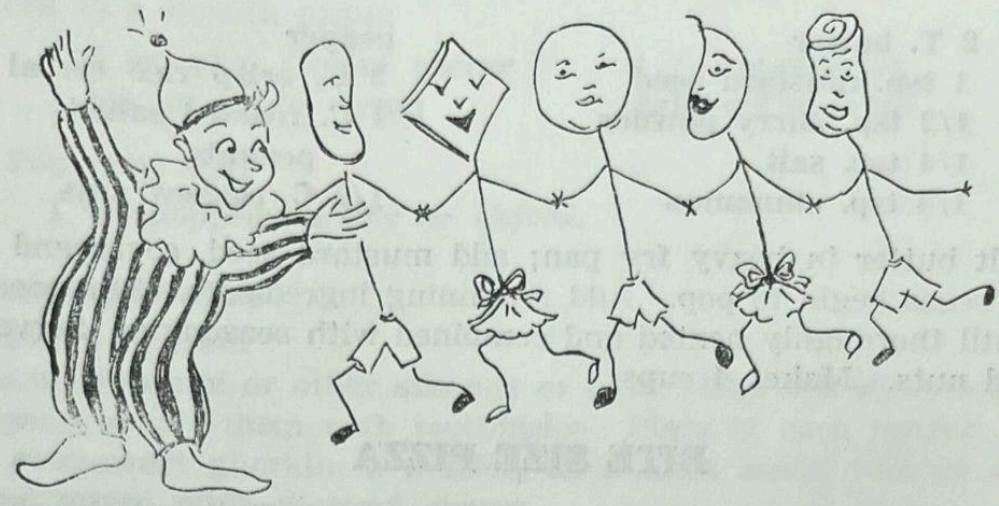
Hazel Lineweaver

PECAN CAKE

6 eggs
1 1/2 C. sugar
1 tsp. baking powder, heaping
1 T. flour, heaping
4 cups pecan (or other nuts), chopped
vanilla, maple or almond flavoring

Beat egg yolks ten min., slowly add the sugar, then put in nuts, flour, baking powder. Finally fold in stiffly beaten egg whites. Bake in two layers, at 350° for 25-30 min. Fill with whipped cream, or any favorite mixture.

Vee Hosmer



CANAPÉS

CHEESE BALLS

1 C. grated cheese (cheddar or similar type)
1/4 C. soft bread crumbs
1/4 tsp. paprika
salt
1/4 tsp. Worcestershire sauce
1 egg, separated
deep hot fat

Combine cheese, bread crumbs, paprika, salt and Worcestershire. Blend thoroughly. Add egg yolk, slightly beaten and mix well. Fold in stiffly beaten egg white. Shape into small balls and roll in fine, dry bread crumbs. Just before serving, fry in deep fat (360°-375°) until golden brown. Drain on paper towels.

Margaret H. B. Darling

SHRIMPS WITH GLAMOUR

Raw shrimps or prawns, deveined, shells removed
Cheese
Bacon

Pour melted cheese evenly over shrimp. Top with strip of bacon and broil.

Janet Walker

EAST INDIA COCKTAIL MIX

2 T. butter
1 tsp. mustard seed
1/2 tsp. curry powder
1/4 tsp. salt
1/4 tsp. cinnamon
pepper
3 C. crisp rice cereal
1 C. roasted salted peanuts
1/2 C. cashew nuts

Melt butter in heavy fry pan; add mustard seed, cover and cook until seeds begin to pop. Add remaining ingredients. Stir constantly until thoroughly heated and combined with seasoning. Serve like salted nuts. Makes 4 cups.

BITE SIZE PIZZA

Use recipe for regular pizza in this book. Roll out dough 1/8" thick and cut in 2" rounds. Place on lightly greased cookie sheet. Bake in hot oven (450°) for 5 min. Then top each with small amount of basic topping and pizza sauce. Add special toppings as desired. Return to oven until browned and bubbly. 8-10 min. Serve immediately. Rounds of toast or biscuit dough may also be used.

Miniature Meat Turn-Overs

In a small amount of shortening, brown diced onions. Add ground meat and simmer about five minutes. Season with salt, pepper, Worcestershire sauce.

Using 2" biscuit or cookie cutter, cut circles of pastry and place 1 tsp. mixture on half of circle. Fold over other half and press edges together with fork. Pierce to let steam out. Bake in 425° oven for 12 to 15 minutes, or until brown. Serve hot.

Mayonnaise and Cheese Canape

Toast squares of bread on one side only. Now butter the toasted side and cut in rounds. Place a small amount of very finely chopped onion on each piece. Cover with prepared mayonnaise and sprinkle each piece with grated cheese. (Grated Edam cheese is very good). Now place under the broiler for a few minutes or until the cheese becomes golden brown. Serve hot.

Roquefort and Cream Cheese Spread

Combine to a paste:

1/2 lb. Roquefort Cheese
2 pkgs. soft cream cheese
1 Small grated onion
1 T. Worcetshire sauce
1/2 T. Tobasco Sauce
Salt as needed
Garlic juice or salt to taste

Keep the spread in a closely covered jar in the refrigerator. Keeps well and improves with age — better when one week old than when newly made.

Cream Cheese and Horseradish Spread

Work to a smooth paste:

1 3 oz. pkg. Cream cheese
1 tsp. or more cream
1 T. horseradish
Salt and paprika.

You may add:

1 T. chopped parsley or chives.

Salami Cornucopias

Remove skin from

Slices of salami or other sausage or ham. Roll the slices into cornucopias, secure them with toothpicks. Place in each center:

A sour-sweet gherkin, a stuffed olive or a small ball of cream cheese mixed with chopped chives.

Meat Balls as Appetizers

Using your favorite recipe for meat balls or hamburgers, form meat into tiny balls and fry. Season well and serve very hot on toothpicks or between small biscuits.

CANAPE SPREADS

(Used on white or brown bread, toast or crackers)

1. Sardine and Egg: combine 4 hard cooked egg yolks minced fine with 3-3/4 oz. can sardines mashed. Add 1 T. lemon juice, 2 T. mayonnaise and 1 T. garlic flavored French dressing.

2. Crabmeat: Mix one 6 oz. can flaked crabmeat with 1/2 C. chopped celery, 1/4 C. minced canned pimento, 1/4 C. mayonnaise, 1/8 tsp. salt, 1/8 tsp. paprika. Spread over Mustard butter foundation.

   Mustard Butter Foundation: 2/3 parts creamed butter to 1/3 part mild style mustard and a dash of Worchestershire sauce.

3. Anchovy and Cream Cheese: One 3 oz package cream cheese, 1 T. anchovy paste, 1 tsp. minced onion. Mix to smooth paste.

4. Cottage Cheese and Green Pepper: 1/2 lb. cottage cheese, 2 T. minced green pepper, 1 T. minced onion, dash of caynne and 1 T. garlic flavored French dressing.

5. Caviar: Cream 1/4 C. butter and mix with it 1 tsp. onion juice, 1 tsp. lemon juice and 1 tsp. chopped parsley. Spread mixture on toast, then a layer of caviar centered with a slice of hard-boiled egg.

6. Pineapple and Chicken: Combine 1/4 C. canned crushed pineapple with 1/2 C chopped cooked chicken and 2 T. mayonnaise.

7. Spreak crackers with Bovril for a quick, tasty canape.

8. Cheese and Bacon: Mash cream cheese and blend with horseradish and crisp chopped fried bacon.

RIBBON SANDWICHES: Use fresh sandwich bread, 1 loaf of white, one of dark. Trim lengthwise in medium thin slices. Place one layer of white bread, spread with any desired filling, on top place one layer of brown bread, another filling. Build this up to about four layers. Try to get some color in the fillings. Place in refrigerator an hour, then slice and cut into finger size sandwiches. This will make enough sandwiches for a large party. If a smaller number is desired the white and and dark bread may be sliced in ordinary manner, then piled up four or five slices alternating and filled as above. Remove crusts, put in refrig. and slice as before.

MINIATURE KEBABS

Prepared on disposable bamboo sticks 4″ long, sharp at one end.

(1) Cut foods so each piece is bite size.

(2) Use pre-cooked foods when necessary so kebab will boil in 3-5 min.

(3) Arrange foods on skewers with marinated meats between other foods to spread juicy meat flavors; put firm bits on ends to hold others in place.

(4) Marinate in spicy sauce before broiling.

Teriyaki Sauce

1 C. soy
1/2 C. sugar
1 tsp. monosodium glutamate
1/2 C. sherry (optional)
1/4 C. olive or salad oil
2 tsp. grated fresh ginger or (optional)
1 clove garlic, chopped (optional)

Combine all ingredients and stir until blended.

Suggestions For Kebabs Combinations

1. Chicken liver, bacon, mushroom. Cook chicken liver 1 min. on each side in 4 T. hot butter, 2 T. sherry to each lb. liver. Partially cook strips of bacon; cut into 2″ pieces. Use canned whole mushrooms. Alternate on skewers starting with mushroom, fold each bacon piece. Dip in Teriyaki sauce before broiling.

2. Chicken, waterchestnuts, mushrooms. Cut breasts of cooked chicken (or turkey) into small squares. Marinate in sauce 1 hour. Arrange on skewers starting with mushroom, then slices of water chestnut and chicken. Dip in sauce before broiling.
3. Shrimp, mushroom, green pepper. Use small shrimp shelled and deveined. Drop into boiling water and simmer 5 min. Marinate shrimp 1 hour in spicy barbeque sauce. Arrange on skewers, mushrooms and small pieces of green pepper. Dip in Teriyaki sauce before broiling.
4. Pork, apple, pineapple. Use full cooked pork cut into small squares and marinated 1 hour. Arrange on skewrs with pineapple chunks, and halved raw apple slices. Dip in sauce; broil. Cubes of duck or lamb may be substituted for pork.
5. Miniature meat balls. Use recipe for meat balls, roll into tiny balls. Put 3 or 4 on each skewer or alternate with pineapple or banana chunks. Broil. Dunk in sour cream, onion sauce or cheese rabbit sauce.
6. Bacon, pineapple, banana, partially cook bacon strips. Weave on skewers around chunks of canned pineapple, and banana. Broil. Dip in Cheese Rarebit sauce.
7. Chicken, bacon, avocado. Cube chicken, partially cook bacon, cut firm avocado in chunks. Weave on skewer. Broil. Serve with Guacamole Sauce (found under miscellaneous section).

Dunking Sauces

1. Cheese Rarebit Dip. Prepare from any Cheese Rarebit recipe, cook.
2. Sour-Cream Onion Dip. Blend a package of onion soup mix with 1 pint sour cream. Let stand several hours.

Cheese Cookies

3/4 C. grated Edam cheese
1/2 C. shortening (half butter)
1 1/2 C. flour
dash white pepper
dash salt
1/4 tsp. Worcestershire sauce
a few drops water over dough to make it hang together

Cream together cheese and shortening. Add flour, pepper, salt and Worcestershire. Sprinkle with water. Roll 1/8" thick and cut out small rounds. Bake at 350° for 10 min.

NOTE: I use the inside circle of my doughnut cutter. In that size the recipe makes about 250 cookies. Make a cheese filling and put a little filling on top of the sandwich also. This is best done with a frosting bag.

(Continued on next page)

Cheese Filling

3/4 C. Edam cheese, grated
1/2 C. butter
dash salt

Cream all ingredients together.
dash white pepper
dash worcestershire sauce.

Alice Hall

GUACAMOLE

2 ripe avocados
1/2 tsp. calamansi juice
1 small hot pepper or tabasco
1 T. grated onion
2 tsp. salt
pepper to taste
1 large ripe tomato, skinned and strained or 2 T. Chili sauce

Mash avocado very smooth or put through a strainer. Add pepper, calamansi juice, onion, salt, pepper and tomato. Serve with corn chips or potato chips. Makes about 1 cup . Garlic salt may be added.

Remember that avocado turns dark, so prepare at last minute. The calamansi juice helps it to keep its color; putting the seed with the pulp also helps. Remember, however, that the seed of the avocado makes an extremely permanent brown stain if it touches clothing, etc.

Ruth Thompson Scollay and Judy Collins

EGGPLANT CAVIAR

1 large eggplant, or 2 small
3 T. olive oil
2 tsp. lemon juice
1 tsp. celery salt
1 medium onion, minced
4 T. tomato puree
1 tsp. salt
pepper

Place whole eggplant in boiling water; cook for about 20 min. Peel, then chop extremely fine. Place one T. of olive oil in large frying pan and simmer onion in this for about 10 min. Add eggplant, puree and 1 T. more oil, and cook 15 min. Add remaining oil and cook until mixture gets thick. After an hour, it should be very thick but still moist. Add lemon juice, celery salt, salt and pepper. Chill thoroughly and keep in icebox until ready to serve it. Serve on crackers or toast.

Judy Collins

Curry Ripe Olives

Into saucepan drain liquid from 1 No. 1 tall can ripe olives; to liquid, add 1/4 cup salad or olive oil and 1 tablespoon curry powder. Bring mixture to boil; add olives; simmer a few minutes or until olives are heated through. Cool in liquid.

Cheese-Wine Cubes

Cover cubes of natural or process sharp American cheese with wine such as Burgundy. Let stand in refrigerator 24 hours or longer. To serve, drain and spear each cube with toothpick; arrange around crackers.

Shrimp canapes

Spread crisp crackers with shrimp butter. Top with a whole cooked shrimp dipped in mayonnaise and sprinkled with finely chopped parsley. Garnish with a border of chopped egg white.

Shrimp butter

Pound finely 6 cooked, shelled shrimp. Blend with 2 T. salted butter and chill.

Ham and Cheese Canapes

Cut small rounds from freshly made toast and spread with garlic butter. Cover each round with a round of sliced cooked ham and top ham with a slice of cheese. Bake the canapes on baking sheet until the cheese is melted. Sprinkle with paprika and serve very hot, each speared with a toothpick.

Garlic butter

Pound 1 clove garlic, blanched and dried, with 1 T. salted butter. Chill.

Shrimp Bowl

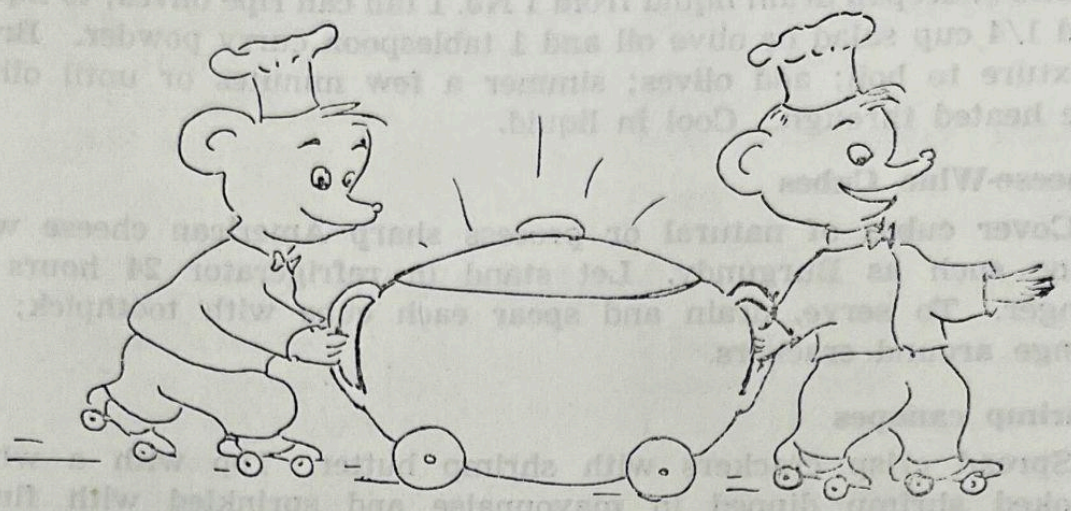
4 lbs. large shrimp
3/4 C. tarragon vinegar
1/8 tsp. thyme
2 large bay leaves
12 whole bruised peppercorns

Cook and peel shrimp and marinate for 2 hours in the refrigerator in vinegar seasoned with bay leaves, peppercorns and thyme. Hang the shrimp on the edge of bowl filled with dressing.

For a dressing, chili sauce may be used or 1-1/2 C. mayonnaise seasoned with:

1 tsp. prepared mustard
1 tsp. finely chopped parsley
1 T. caviar
1 tsp. finely chopped chives

Canapes may be made attractive as well as tasty by garnishing with chopped pickle, slices of olive, pimento, parsley, hard boiled egg circles, paprika, anchovy fillets, etc.



CASSEROLE DISHES

PIZZA

1 T. sugar
1 tsp. salt
1 T. shortening
1 C. boiling water
1 yeast cake softened in 1/4 C. lukewarm water
3 C. flour
olive oil

Filling:

grated Parmesan cheese
tomatoes, fresh or canned
Mozzarello or other Italian type cheese
anchovies

Put sugar, salt, shortening and boiling water in large bowl. Add 1 1/2 C. flour, beat until smooth. Add remaining flour or enough to make a dough just firm enough to handle. Knead until smooth.

Divide in thirds. Knead each piece into a ball. Flatten, then pull and stretch gently to fit 9" layer cake tins, lightly greased. Press up around edges to make a slight rim. Let rise 15 minutes. Brush lightly with oil.

Sprinkle with grated Parmesan cheese. Cover with small pieces of tomato drained, slivers of cheese and chopped anchovies or meat.

Bake 25 min. at 425°. Make 3 9" pizzas. Cut in wedges as a luncheon dish or evening snack.

(Continued on next page)

Variations:

In place of tomatoes use Pizza Sauce:

1 can tomate paste
1/2 C. water
1 clove garlic
1/2tsp. sugar
salt and pepper
1/2 tsp. oregano

Tomato Sauce:

8 oz can tomato sauce
1/2 tsp. oregano

Special toppings: In place of anchovies use:

1. 1/2 C. chicken or tuna, 1/4 C. sliced mushrooms, 1/4 C. green pepper
2. Small can deviled ham, 2 T. chopped onion
3. 1/4 C. diced cooked bacon, 2 boiled eggs chopped, 1/4 C. chopped green pepper, onions.
4. 1/4 lb. cooked sausages sliced, 2 hard eggs, green pepper, onion chopped.
5. 1/2 C. minced clams, mushrooms, onions.
6. Sardines, stuffed olives.

TAMALE PIE

First mixture:

1 kilo ground round steak
1/2 can chopped red peppers
3 T. chili powder
salt and pepper
2 green peppers, chopped
2 medium onions, chopped
1 small can chopped olives
garlic if desired

Melt 2 T. shortening in large frying pan. Add the chopped onions. Simmer until yellow. Add other chopped ingredients and cook 5 minutes. Add meat, break up and mix well. When browned add chili powder, salt and pepper. Cook 10 minutes. Add chopped olives.

Second mixture:

1 can creamed yellow corn
1 1/3 C. yellow corn meal
1 large can tomatoes
1tsp. salt

Melt 2 T. shortening in large frying pan. Pour in tomatoes and corn. When boiling mix in corn meal slowly. Add salt. Stir until thick and allow to cook for 10 minutes. When both mixtures are cooked, combine and cook another 10 minutes together. Pour into casserole and bake 20 minutes at 375° until brown on top. This is much better the second day.

Agnes Schoening

CHICKEN CASSEROLE

1 bay leaf
1 clove garlic, minced
1-1/2 tsp. salt
8 peppercorns
1 3-1/2 lb. frying chicken,
4 stalks celery, cut in 1" lengths
1/2 tsp. powdered ginger
1 can (8 oz.) tomato
12 small white onions
4 carrots, quartered

Wipe off chicken; arrange in 2-1/2 qt. casserole; add bay leaf, garlic, salt, peppercorns, ginger, and tomato sauce. Cover and bake 1 hour in 350° oven. Add vegetables, continue baking covered 1/2 hour. Remove cover and bake additional 1/2 hour or until vegetables are tender. 4 generous servings.

BREAD-CHEESE SOUFFLE

4 slices bread buttered (may be stale)
4 eggs
2 C. milk
1/2 tsp. salt
1/2 tsp. mustard
1/2 lb. grated cheese

Cut buttered broad in cubes. Alternate layers bread and cheese in casserole. Beat eggs and add milk, salt and mustard together and pour over bread mixture. Let stand 8 holrs in refrigerator. Bake 45 min. — 325°. Serves 6.

Margaret Arneson

Note—Variation of BREAD CHEESE SOUFFLE.

2 C. de-veined cooked shrimps may be used to make layers with bread and cheese. 1/2 can cream of celery or mushroom soup, undiluted, heated, makes a tasty sauce.

TUNA CASSEROLE

1 C. tuna
1/2 C. diced onions
1 C. celery
1 can mushroom soup
1/4 lb. cashews
1 can chowmein noodles
1/2 C. water
salt, pepper

Saute onions and celery. Place in baking dish saving 1/2 noodles for top. Bake at 325° for 40 minutes.

CHICKEN SUPREME

1 large chicken, cooked, boned — save fat and broth.

Dressing:

1 large loaf dry bread
1 large onion. diced
1/2 green pepper, diced
speck of garlic
3 tsp. shortening
salt, pepper, sage or poultry season to taste
celery, cut fine
boiling water

Pour some boiling water over cubed bread. And seasoning and taste. Add following when tender; celery, green pepper, garlic and onion, cooked in fat.

Grease flat rectangular pan and line with dressing (bottom and sides). Add chicken cut up on dressing and pour following custard over it.

1/2 C. chicken fat
3/4 C. flour
1 qt. chicken broth
6 eggs, beaten
corn flakes, crushed

Melt fat in pan. Add flour and stirr well. Add broth, stiring until smooth and thickened. Remove from fire and pour over slowly, 6 beaten eggs (gravy into eggs). Stirr until smooth. Pour over chicken. Sprinkle with crushed corn flakes. Bakes for 45 min. or until custard is set.

Helen Wilson

CHICKEN PIÑA

Cook and bone 1 stewing hen and make a curry sauce for it by any curry recipe. Add slivered, blanched, toasted almonds.

Cut 1 large pineapple lengthwise (leaving the stem on). Scoop out pineapple meat and cut into bite size pieces. Add to the curried chicken. Pile into the 2 pineapple halves (there will be enough left for refilling the pineapple shells), cover with grated coconut and brown quickly in the oven. Put the halves on a large platter, to be served over rice.

Dean Sheppard

TEXAS HASH

2 large onions
1 green pepper, cut fine
2 C. tomatoes
3 T. oil
1 tsp. salt
1/2 C. uncooked rice
1/4 tsp. pepper
1 lb. ground round
1 tsp. chili powder

Cook onions and green pepper slowly in oil until onions are yellow, add meat, sauce until mixture falls apart, Add tomatoes rice and seasoning, arrange in large casserole. Cover and bake at 375° for 45 minutes or until done.

Joy Morris

BEEF AND EGGPLANT CASSEROLE*

2 tsp. butter or margarine
1/2 C. soft bread crumbs
3 T. butter or margarine
1 mashed clove garlic
1 1/2 tsp. salt
1/4 C. minced onions
1 lb. ground chuck
2 pared medium eggplants cut into 1" cubes (about 6 C.)
dash pepper
dash dried thyme
1 can condensed tomato soup, undiluted
1 C. evaporated milk, undiluted

Heat oven, melt 2 tsp. butter in skillet; toss crumbs; set aside on waxed paper. In same skillet, in 3 T. butter, lightly brown garlic, onion, and chuck. Add eggplant, salt, pepper. thyme; cook over low heat 10 minutes. Stir in soup and milk. Pour mixture into 2 qt. casserole; top with buttered crumbs. Bake until crumbs are browned. Bake at 375° for 25-30 minutes.

Note: as the family exclaims over this hearty casserole, you can feel smug because besides being delicious, it has a quarter of a day's supply of iron and about half the B2 the family will need. Vegetables on the menu contain vitamin A and B.

Jean Carl

HAM AND VEAL LOAF

1 1/4 lb. ground ham
1 1/4 lb. ground veal
2 eggs
1 C. milk
1 C. bread crumbs
1/4 tsp. salt
pepper to taste

Sauce:

1/4 C. vinegar
pineapple slices
1/2 C. brown sugar
1 tsp. prepared mustard

Mix all ingredients throughly, shape into loaf. Arrange in pan and bake 2 hrs. in 350° oven. During baking baste with sauce of 1/2 C. brown sugar, 1 tsp. prepared mustard, 1/4 C. vinegar. Line bottom of dish with pineapple slices, pour 1/2 of sauce over pineapple, then place meat loaf and por rest of sauce over meat. Serves 8.

Judy Collins

TAMALE PIE

1/2 C. olive oil
1 onion, chopped
1 clove garlic
1 green pepper, chopped
1 lb. ground pork
1 lb. ground beef
1 can tomatoes #2 1/2 size
1/2 C. ripe olives
2 chili peppers, cut fine
salt and pepper
1/2 C. grated cheese
2 T. corn meal
1 tsp. chili powder
1 C. corn meal
3 C. water

Cook oil, onion and garlic until onions are transparent. Add everything up to the cheese to the mixture and cook slowly 1 hour. Add a little water from time to time if dry. When mixture is soft and mushy and cheese, 2 T. corn meal and chili powder. Stir in well and cook few minutes longer.

Make a corn meal mush of 1 C. corn meal and water. Place meat mixture in a pan and cover with mush — garnish with ripe olives.

Marty Gillespie

RED BEANS WITH SAUSAGE AND APPLES

2 lbs. dried kidney or red beans
1 lb. ground pork sausage
4 C. apples, peeled, cored and sliced
3 C. tomato juice
1/2 C. brown sugar
2 T. chili pepper
1 tsp. pepper
4 cloves garlic, crushed

Soak beans in cold water overnight. Drain, cover with fresh water and cook slowly until the skins break. Drain beans. Combine in a saucepan remaining ingredients and bring mixture quickly to a boil. Mix with drained beans. Simmer about 2 hours or until beans are tender but not mushy. Cool and place in freezer containers. Freeze. Maked 4 quarts or 16 servings.

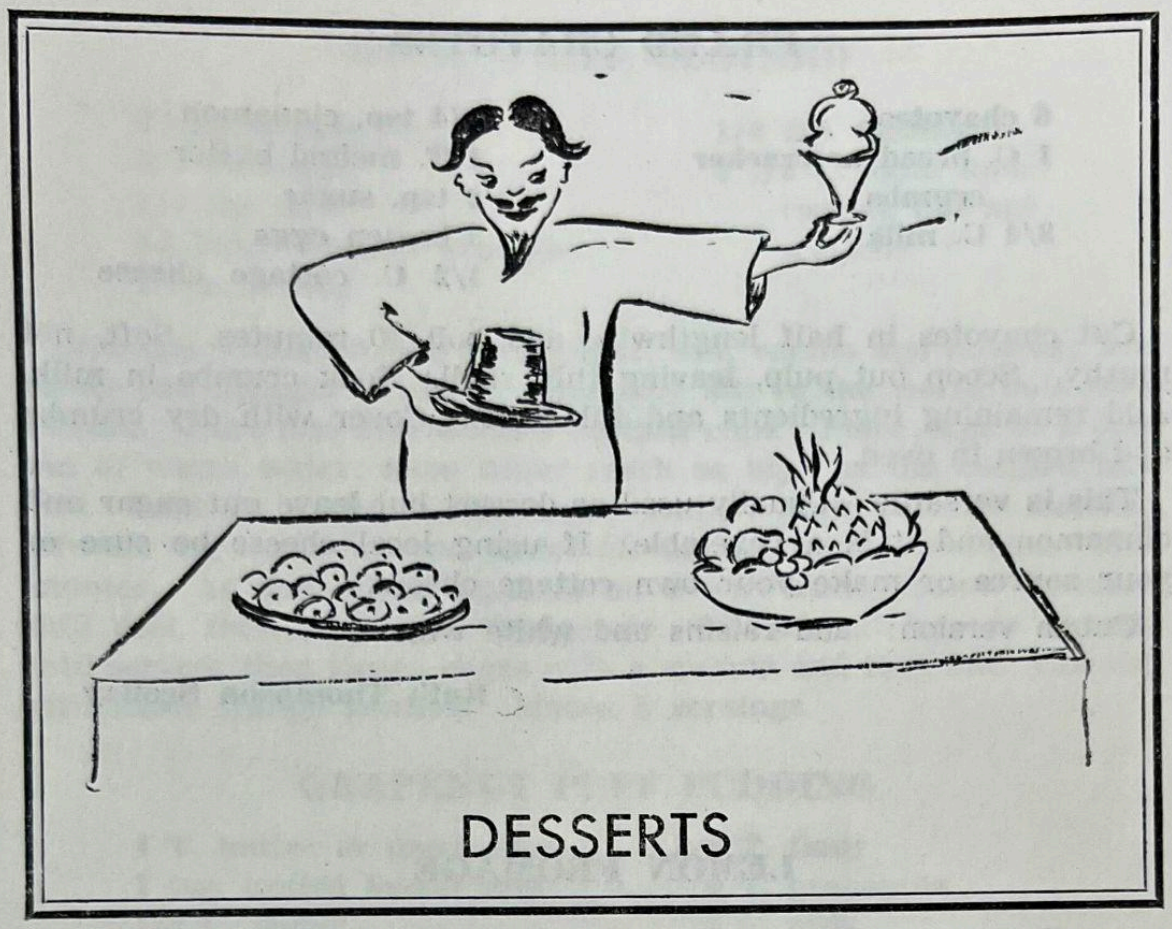
To serve, defrost and heat in a saucepan over low heat or in a casserole in the oven.

SPAGHETTI AND TURKEY

2 T. butter
1 C. cold turkey, cut in thin strips
1/2 C. cooked spaghetti in 1/2" pieces
1/2 tsp. celery salt
1/2 C. sauteed mushrooms
3/4 C. buttered cracker crumbs
3 T. flour
1 C. cream
1 tsp. salt
dash pepper
1/3 C. Parmesan cheese, grated

Make a sauce of butter, flour, cream, salt, celery salt and pepper. When boiling point is reached, add turkey, spaghetti and mushrooms. Fill butted ramekins or casserole with mixture and sprinkle with cheese and crumbs. Bakee in moderate oven until crumbs are brown.

Emma Thomas



DESSERTS

MANGO SUPREME

6 ripe mangoes
1 qt. mango ice cream
1/2 C. pinipig or ground peanuts

Choose six well ripened mangoes with clean unblemished skin and chill. Toast the pinipig until crisp. Just before serving time slice the mangoes into halves. Score and place on dessert plate. Top with ice cream and garnish with nuts. Serves 6.

Philippine Bureau of Nutrition

PEPPERMINT DESSERT

1 C. peppermint candy, crushed
1 C. cream, whipped
20 marshmallows, cut
16-20 ground graham crackers or vanilla wafers, crushed

Put crushed crackers or wafers in bottom of 9″ x 12″ pan. Add layer of marshmallows, then candy and last of all whipped cream. Cool in refrigerator.

Cake crumbs can also be used.

Elise Mears

FILLED CHAYOTES

6 chayotes
1 C. bread or cracker crumbs
3/4 C. milk
1/4 tsp, cinnamon
1 T. melted butter
2 tsp. sugar
3 beaten eggs
1/2 C. cottage cheese

Cut chayotes in half lengthwise and boil 10 minutes. Soft, not mushy. Scoop out pulp, leaving thin shell. Soak crumbs in milk. Add remaining ingredients and fill shells. Cover with dry crumbs and brown in oven.

This is versatile. Usually used as dessert but leave out sugar and cinnamon and it is a vegetable. If using local cheese be sure of your source or make your own cottage cheese.

Cuban version: add raisins and white wine.

Ruth Thompson Scollay

LEMON FROMAGE

6 eggs
2 1/2 bottles Avoset whipping cream
1/4 C. sugar
2 lemons. juice and grated rind
1 1/2 pkg. Knox Gelatin, soaked in
4 T. cold water
2 T. liqueur (Triple Sec, Orange Curacao or Grand Marnier preferably)

Beat egg yolks, gradually adding the sugar, until thick and foamy. Dissolve the gelatin in the liquids, and place in top of double boiler until melted. Beat egg whites until stiff. Whip the cream.

Rinse molds with a little water and sugar, and drain them before adding the pudding.

You can add your own touch to the dessert — either: Add fresh strawberries, or orange wedges. Line mold with ladyfingers moistened with a little of the liqueur. Line a moistened bowl with slices of jelly-roll and fill with pudding. Serve as is with a sauce made of strained frozen raspberries, boiled and thickened with arrowroot or cornstarch.

Decorate with whipped cream and fresh fruits. This can be made the afternoon before, or the morning of the day you have your party, and kept chilled in the refrigerator. Serves 12.

Joyce Andersen

SNOW WHITE CUSTARD

5 egg whites
1/2 C. sugar
1/4 tsp. salt
2-3 large seedless oranges
1 tsp. vanilla
1/4 tsp. nutmeg
2 1/2 C. skim milk (warm, but not scalded)

Beat egg whites slightly; add sugar, salt, vanilla and nutmeg; beat gently just enough to blend. Gradually stir in the warm milk until blended. Pour into five 6-ounce custard cups. Place cups in a deep pan of warm water; have water reach as high as the custard mixture. Bake in a slow (325°) oven until a knife inserted halfway between the outer rim and center of custard comes out clean. 45-60 minutes. At once place custards on a wire rack. Allow to stand until cool, then cover and refrigerate. Do not cut into or unmold until served; then loosen edges with a spatula and turn out. Garnish with fresh orange sections. Makes 5 servings.

GRAPENUT PUFF PUDDING

4 T. butter or margarine
1 tsp. grated lemon rind
1/2 C. sugar
2 egg yolks, well beaten
3 T. lemon juice
2 T. flour
4 T. grapenuts
1 C. milk
2 egg whites, beaten stiff

Cream butter and rind, add gradually sugar and yolks and beat thoroughly. Add lemon juice, flour, grapenuts and milk and mix well. Fold in egg whites.

Put in a greased baking dish and bake in a pan of hot water at 325° for 1 1/4 hours. Serve warm or cold. Serves 6.

Ruth Thompson Scollay

ENGLISH TOFFEE

1/4 lb. butter
2 C. powdered sugar
1 C. nuts, chopped fine
20-25 vanilla wafers, crushed
2 eggs, separated
1 T. cocoa
1 tsp. vanilla

Mix butter, sugar, cocoa and vanilla. Add beaten egg yolks and nuts. Beat egg whites stiff and fold into mixture. Butter dish or pan and line with vanilla wafers. Put in mixture and add rest of crumbs on top. Put pan in refrigerator over night. Top with whip cream.

Midge Davis

MANGO TRIFLE

1/2 C. sugar
2 eggs
1 T. flour
1 C. milk
6 to 8 slices plain cake
2 to 3 cups mangoes, sliced
1 tsp. salt
1/2 tsp. vanilla

Cook sugar, eggs, flour and milk in double-boiler until thick. Add salt and vanilla.

Line a deep pan with cake slices, pour custard over all. Chill. May be served with whipped cream. Makes 6 to 8 servings.

BANANA PUDDING

6 red cooking bananas
1/2 coconut, grated
1 bottle whipping cream
1/2 tsp. vanilla
2 T. powdered sugar

Boil bananas with skin on, 15 minutes. Cool. Whip cream, add vanilla, coconut and sugar. Remove skin from bananas and put in dish and cover with cream.

PINEAPPLE ICE BOX TORTE

3 C. graham cracker crumbs
1/2 C. butter, melted
1 egg
1/4 lb. butter
1-1/2 C. powdered sugar
1 tsp. vanilla
1/8 tsp. salt
1 bottle whipping cream
1 # 2 tin crushed pineapple, drained

Mix crumbs and butter and line 12" x 15" pan. Bake 15 minutes at 350°. Combine egg, butter, sugar, vanilla and salt and spread on baked crust. Whip cream and add drained pineapple. Spread on pie. Sprinkle reserved crumbs on top. Chill for 12 hours.

Elva F. Shepley

PAPAYA ICE BOX CAKE

1/2 C. butter or margarine
1 C. sugar
2 eggs
1 C. ripe papaya pulp
1 C. chopped nuts
2 boxes vanilla wafers, rolled fine
2 T. cream(may be canned candied cherries

Cream butter and sugar, add eggs and beat thoroughly. Add papaya pulp (it is better to put ripe papaya through a ricer), the nuts, vanilla wafers and cream. Mix well and put into a bowl or mold and let stand overnight in refrigerator. Serve in slices like cake. Top with whipped cream, decorated with cherries.

COCONUT FROZEN VELVET

2 C. fine cut coconut
2 C. milk
1 C. sugar
1 env. gelatin
1/8 tsp. salt
6 egg whites, beaten stiff
1/2 tsp. vanilla

Simmer together coconut, milk, sugar, gelatin and salt for 10 minutes. Strain and freeze for 1 1/2 hrs. until snowy at the edges. Beat smooth and fold in egg whites and vanilla. Freeze. Ring with fresh strawberries when served. Serves 6 to 8.

Leith Fonger

ICE BOX PUDDING

1 1/2 doz. lady fingers
1 lb. marshmallows
1 C. pecans, chopped
1 C. wine
1 C. cream, whipped

Pour wine over lady fingers (or sponge cake). Let soak 15 min. Add marshmallows cut in small pieces. Add pecans and lastly add whipped cream. Let stand in refrigerator for 12 hours.

Elise Mears

MANGO COBBLER

3 C. mango, sliced
1 C. sugar
1 tsp. lemon peel, grated
1 T. lemon juice
1/4 tsp. almond extract

Place mango in baking dish. Mix sugar, lemon peel, lemon juice and extract and sprinkle over fruit. Set in 400° oven while you prepare:

TOPPING:
1 1/2 C. flour
1 T. sugar
3 tsp. baking powder
1/2 tsp. salt
1/3 C. shortening
2 eggs
1/2 C. milk

Cut shortening into flour, sugar, baking powder and salt. Add milk and egg. Stir until flour is just moistened. Spoon onto fruit and sprinkle with sugar. Bake 400° for 30 min. Serve warm with whipped cream or ice cream. Six servings.

Leith Fonger

FREEZER ICE CREAM

4 small eggs
3/4 C. sugar
1 C. whole powdered milk
1 large can Carnation milk
2 C. water
1 T. vanilla
1/2 tsp. salt

Beat eggs and add sugar, beat well. Add powdered milk, canned milk, water, vanilla and salt. Freeze in hand freezer.

Helen Wilson

PAPAYA PUDDING

1 C. fresh papaya pulp
1 C. water
1 pkg. Knox gelatin or 1/2 stick gulaman
2-4 T. sugar and 3 T. calamansi or to taste.

Dissolve gelatin in 1/4 cup of the water. Add balance of ingredients and chill.

Serve as pudding or set in ringmold and serve with ice cream in the center of the ring. Serves 4.

Janet Walker

PINEAPPLE GULAMAN
(a favorite with children)

2 C. pineapple juice
1 C. water
1/2 C. sugar
juice of 1 or 2 calamansi
few drops of yellow coloring (optional)
1 stick clear (white) gulaman

Place all ingredients but the gulaman in sauce pan. Bring to boil. Moisten and shred gulaman. Add to hot mixture. Boil at least five minutes, or until gulaman is dissolved. Strain into mold or individual dessert dishes. Let stand about five minutes. Sliced banana or diced pineapple may be added while it is still warm. Mixture may jell before it is cold.

Wilma Christie

DELICIOUS BREAD PUDDING

1 sliced bread, in small pieces
2 eggs, beaten slightly
1/2 tsp. salt
1/2 C. sugar
1 pint milk

Mix ingredients together. Put in greased casserole. Put small chunks of butter on top and sprinkle well with cinnamon. Bake uncovered until like custard, in 325° oven.

If desired, add raisins before baking. Serves 4.

Peggy Green

GUAYABANO ICE CREAM

3 C. guayabano pulp
1/2 C. sugar
1 large can evaporated milk

Chill milk thoroughly. Put pulp in bowl. Add small amount of water. Let stand 15 minutes (to soften). Pour off all liquid. Put through sieve and mix with sugar. Whip milk and fold in fruit mixture. Freeze quickly.

FROZEN LEMON PUDDING

6 T. sugar
2 egg yolks
1/4 C. lemon juice
2 egg whites
2 T. sugar
1/2 tsp. grated lemon rind
1 C. vanilla wafer crumbs
3/4 C. Carnation milk or whipping cream

Chill milk until ice cold. Mix egg yolks, sugar, lemon juice, rind and cook over boiling water until thickened, about 3 minutes. Cool. Beat egg whites until stiff and fold in sugar. Fold into cool lemon mixture, then chill. Rub bottom and sides of refrigerator tray with butter. Spread half the crumbs. Whip chilled milk. Fold into lemon mixture. Put into tray. Top with remaining crumbs. Freeze without stirring at coldest temperature until firm. May be served with slices of maraschino cherries.

Nancy E. Dixon

PINEAPPLE ICE CREAM

1 can evaporated milk
1 C. sugar
juice of 1 lemon
1 can crushed pineapple

Chill milk in bowl overnight. Mix sugar, lemon juice and pineapple together. Whip milk in chilled bowl and add mix of fruit. Freeze 6 hours.

Estelle White

FROZEN PINEAPPLE TORTE

3 eggs,separated
2 T. lemon juice
1/8 tsp. salt
1/2 C. sugar
2 T. sugar
2 C. vanilla wafers, crushed
1-9 oz. can crushed pineapple
1 C. heavy cream, or chilled evaporated milk

Beat egg yolks, salt and 1/2 C. sugar. Add pineapple and lemon juice, and cook in double-boiler until mixture will coat spoon. Cool. Beat egg whites until stiff, adding slowly the remaining sugar. Fold in whipped cream. Fold in custard. Butter refrigerator tray and line with crumbs. (Save 1/2 C. for top.) Pour custard into tray and spread crumbs. Freeze until firm.

Mrs.Wayne Bush

CRANBERRY ICE CREAM

2 C. cooked cranberries or 1 can cranberries
1 C. whole milk
1 C. sour cream
1/2 C. sugar
1/2 C. dark or corn syrup
4 T. lemon juice
2 tsp. grated lemon rind

Mix ingredients together and freeze in refrigerator trays until mushy. Remove and beat with rotary beater until light and fluffy. Refreeze. Serves 6-8.

Jean Carl

GUAVA ICE CREAM

1 large can evaporated milk
1 C. guava pulp
1 C. sugar

Chill milk for whipping. Remove seedy portion of ripe guavas, then cook and sieve to get pulp. Add sugar. Whip milk, add pulp and freeze. Makes 1 pint.

COCONUT ICE CREAM

2 ripe coconuts
1/2 C. hot milk
3 egg yolks
2 T. cornstarch
sugar to taste (rather sweet)
3 egg whites
3 T. sugar

Grate coconut and put in muslin bag. Moisten with milk and squeeze. Repeat if necessary with little extra milk until there are 4 cupsful.

Add yolk, cornstarch and sugar to taste. Mix well, bring to a boil and then cool and strain.

Beat egg whites and sugar well. Mix with coconut mixture and freeze. Serves 8.

BLACK PARADISE

1/2 C. cooking fat
2 sq. unsweetened chocolate
2 T. Cocohonee
2 eggs, beaten frothy yellow
7/8 C. sugar
1/2 C. flour
1 C. nut meats, broken
Snowy Mousse or Ice Cream (filling)

Melt fat, chocolate and Cocohonee. When cool add to eggs to which sugar has been added gradually, and flour. Spread mixture evenly on a wide cookie sheet, twice the size of the ice cube tray you will use to store the finished dessert. Bake about 25 min. Wax paper on the baking tin will keep the brownies from sticking to the pan. When cool, cut in two layers; one for the bottom of the ice tray, the other for the top after the snowy mouse or ice cream is spread. Once the filler has been smoothed to fit, press the remaining layer firmly on the top. Wrap in wax paper and place in freezing locker. The wax paper will prevent icceyness.

To serve, cut Black Paradise in individual slices, like sandwich bread. No waste. Good taste.

Janet Walker

SWEDISH MEAT BALLS

1 lb. chopped beef
1 C. bread crumbs
1 C. milk
1 egg, well beaten
2 medium onions, chopped
2 tsp. salt
1/8 tsp. pepper
1/4 tsp. nutmeg
2 T. fat or cooking oil, (about)
1 C. boiling water
1 T. flour
2 T. cold water
hot rice

Put meat and next seven ingredients in a mixing bowl and mix well. Form mixture into 1-inch balls. Heat a little fat and brown meat balls well on all sides, using more fat, as necessary. Remove from pan as they brown. Add boiling water to meat drippings in frying pan. Blend flour and cold water. Stir into hot mixture. Cook until thickened, stirring constantly. Return meat balls to pan. Cover and cook 30 min. adding water, if necessary.

Arrange rice in a border around a serving dish. Pour meat balls and gravy in the center. For an added touch of color, sprinkle chopped parsley over the rice.

Judy Collins

VEAL SCALLOPINI

1 lb. veal cutlet, very thin slices
1/2 tsp. salt
1/3 C. grated Parmesan cheese
1/4 C. butter or margarine
1 clove garlic
1/4 lb. fresh mushrooms, sliced
1/2 C. boiling water
Few drops Tabasco
1 tsp. meat extract
1/2 C. Marsala wine

Have veal sliced very thin. Pound meat well. Sprinkle slices with salt and coat with grated cheese. Put about 1 T. butter and garlic in the pan. Place a layer of veal in the pan and brown on both sides. Add more butter as needed. Remove meat as it is done. When all meat is browned, remove garlic and discard, then cook mushrooms five minutes or until brown, stirring occasionally. Lift mushrooms from pan.

Add water, Tabasco and meat extract to pan, cook and stir until browned particles are loosened. Add mushrooms, stir gently to mix well, cook 1 minute. Add meat and cook until well heated. Add wine and serve at once. Serve with hot cooked noodles.

Judy Collins

ARROZ A LA VALENCIANA

1 fat chicken (disjointed)
4 lean pork chops (if desired)
2 Spanish chorizos, cut up
2 C. canned tomatoes
1/2 onion
garlic (about 4 cloves)
1 can peas
3 1/2 C. California rice
3/4 C. olive oil
4 C. hot water or stock

Heat oil thoroughly in large pan, add pork chops and chicken. When fried place in large pot. Fry tomatoes, onion and garlic in same oil, then add chorizo and last the rice. Fry well, mixing altogether, then add this to the chicken and pork in pot. Boil separately the water and pour over all, adding salt (about 1-1/2 tsp.) Cook on hot fire for 20 min. covered and 20 min. more on low fire or until dry. If not dry enough, place in oven for few minutes. Before serving mix in a can of peas and place slices of hardboiled egg and red pimientos in strips over top as garnish.

Judy Collins

PINIPIG PUDDING (NATIVE CEREAL)

1 1/2 C. pinipig
3/4 C. milk
1 tsp. vanilla
2 eggs
3/4 C. sugar
1 T. butter

Soak pinipig in milk until soft. Beat eggs and add to pinipig. Mix in sugar and vanilla. Pour into baking dish, greased. Bake about 30 minutes at 375°. Serves 3.

FISH BALLS ESCABECHE

1 1/2 C. flaked, cooked fish
1 1/3 C. mashed potatoes
1/2 minced clove garlic
1 T. parsley, minced
salt and paprika to taste
1/3 C. hot oil
peanuts. finely minced

Combine fish with potatoes, garlic parsley, salt and paprika, Shape into 1 inch balls. Fry until brown in hot oil. Drain and roll balls in peanuts. Serve with following sauce:

2 cloves garlic, crushed
1 medium onion, sliced
1 sm. piece ginger, sliced thin
1/4 C. sugar
salt or toyo to taste
1 green pepper, sliced
2 T. hot oil
1/2 C. vinegar
1 tsp. cornstarch

Saute garlic, onion, ginger, green pepper in hot oil. Add vinegar, sugar, cornstarch, salt or toyo. Boil until smooth and pour over hot fish balls.

Elva F. Shepley

CHINESE STEAK

2 C. shredded cabbage
3/4 C. chicken broth
8 T. oil
1 small piece garlic
2 T. soy sauce
1/2 tsp. cornstarch
2 T. water
2 lbs. steak, cut in 2" strips
1/2 tsp. salt

Combine cabbage with 1/2 C. broth and 3 T. oil. Cover pan and simmer for 5 min. Sear steak in 3 T. oil. Remove from pan. In same pan put oil, garlic, salt, soy sauce and broth; simmer for 5 min. Thicken with cornstarch and water solution. Stir the steak into the sauce and pour meat and sauce over cabbage. Serve with boiled rice or noodles.

Jean Carl

PORTUGUESE FISH SOUP

1 C. minced onions
2 T. olive oil
6 C. hot water
1 lb. haddock fillets (I used local fillets)
6 oz. cap shrimp diced (I used local fresh shrimp)
2 1/4 tsp. salt
1/8 tsp. black pepper
1/4 tsp. basil seasoning powder
3 hard cooked egg yolks mashed

Saute onions in hot olive or salad oil. Add hot water, parsley, fish, shrimps and seasonings. Cover. Cook 8-10 minutes (oruntil fish is flaky) over medium heat. Add egg yolks. Serve in soup plates over slices of toasted French bread. Garnish with slivered toasted almonds, if desired. Makes 2 qts. or 8 servings.

Betty Welford

GAZPACHO

(A Spanish iced tomato and cucumber soup)

6 large ripe tomatoes
2 medium cucumbers
1 small green pepper
1 small onion
1 clove garlic
3 T. lemon juice
1/3 C. olive oil (optional)
salt
pepper, whole black
1/2 bay leaf
tabasco
1 C. water
1 tsp. chicken bouillon granules
canned tomato juice as needed

In a kettle put the water, garlic, salt about 8 peppercorns, bay leaf and bouillon. Remove tops and insides of tomatoes and add to soup kettle. Peel cucumbers, cut in four lengthwise, remove seedy part and add to soup. Cut nicest parts of tomatoes into small cubes until you have 1/2 C. and set aside in a bowl. Add rest of tomatoes so soup kettle. Do same with cucumbers. Simmer this soup for a good half hour or more.

To the cubed tomatoes and cucumbers add 1/2 C. finely chopped green pepper and 1/2 C. chopped onion. Add to this, 1 C. canned tomato juice, lemon juice and tabasco (a dash) and the olive oil.

Strain the soup mixture through a cloth and when it has cooled, pour it over the vegetable mixture. Season to taste, add more tomato juice if required, and chill in the refrigerator. Serve in soup cups with an ice cube and sprinkling of chopped parsley. It will keep several days in the refrigerator.

Joyce Andersen

FILET DE SOLE AU VIN BLANC

The nearest fish to sole in this country is DAPAP. Cut the fish in filets, put a small piece of sweet butter under each on a cooking platter, add half an onion finely chopped, cover with white wine, fish stock and juice of mushrooms and cook slowly until most of the liquid has disappeared. Garnish with mushrooms sauted in butter and serve very hot.

French Restaurant
Mme. Savary

SAUERBRATEN

German

5-6 lb. bottom round of beef
1 clove garlic
1 large onion, sliced
salt and pepper
1 qt. water
small amount vinegar, to taste
4 pepper corns
2 slices lemon
1 bay leaf
2 whole cloves
2 onions coarsely chopped
paprika
1 lump sugar
2 T. stewed tomatoes
1 small carrot, finely chopped
5 T. beef fat

Wipe meat with damp cloth. Rub with salt and pepper. Cut garlic into slivers and insert in meat with sharp knife. Place meat in earthenware bowl and cover with slices of onion. Boil together 1 qt. water, a little vinegar, peppercorns, lemon slices, bay leaf and cloves. Pour over the meat, cover bowl tightly and let stand for 24 hours.

The next day saute onions in 2 T. beef fat in a casserole. Rub marinated roast lightly with flour and sear to a light brown on both sides in beef fat in skillet. Add seared roast to onions in casserole along with dash of paprika, sugar, tomatoes, carrot and 2 T. of the marinade in which the meat was soaked. Cover tightly and bake in moderate oven (325°) for 3-1/2 — 4 hours. The sauce may be thickened if desired with 1 T. flour.

Joy Morris

CHICKEN CACCIATORE
Italian

1 large onion, chopped coarsely
4 T. olive oil
3-3 1/2 lb. roasting chicken
2 C. fresh or canned tomatoes
1 clove garlic, finely chopped
1 C. chopped green peppers
1/2 C. white wine
salt and pepper

Brown onion lightly in 2 T. olive oil. Remove onion pieces from pan and save for later use. Cut chicken into serving pieces, dredge with flour seasoned with salt and pepper. Saute chicken until well browned on all sides in the oil in which onion was browned adding 2 T. additional oil. Add tomato, garlic and green pepper. Return browned onion to the pan and simmer chicken and vegetables together, covered for 15 min. on very low flame. Add wine and season with salt and pepper. Cover and simmer about 30 min. longer or until chicken is tender.

VEAL AND HAM PIE
English

1 1/2 lbs. veal, sliced thin
1/2 lb. pre-cooked ham, thinly sliced, trimmed of fat
2 hard cooked eggs, sliced
2 T. finely chopped parsley
1 1/4 tsp. salt
1/8 tsp. pepper
1/4 tsp. thyme
1/4 tsp. marjoram
1/2 C. canned consomme
1 pastry crust
1 egg, beaten

Arrange veal, hams, eggs and parsley alternately in layers in an 8" pie plate. Mix all seasonings separately then season each layer. Pour consomme over all. Cover with crust. Brush top with beaten egg and bake in 325° oven 1 1/4 hours. Chill in refrigerator 3-4 hrs. and serve cold. Serves 6.

Jean Carl

CHICKEN AND PORK ADOBO

2 chickens, jointed
1 C. vinegar
2 bay leaves
1 kilo lean pork
6 cloves garlic
salt and pepper
1/2 C. fat

Cut pork in 2″ strips. Soak chicken and pork in mashed garlic and vinegar for 2 hours. Bring to a boil and simmer until tender. Remove meat and fry in 1/2 C. fat until brown. Then pour on vinegar. Add salt and pepper and cook until vinegar has evaporated.

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PORK ADOBO WITH LIVER

1 kilo pork
1/2 C. native vinegar
1/2 kilo liver
salt and pepper to taste
2 T. soy sauce
garlic

Cut liver and pork into 2″ cubes: Soak them in vinegar, crushed garlic, salt and pepper for and hour. Cook until tender. Brown pork in lard and toyo. Add the liquid in which the adobo was boiled. Add liver. Cook in a low fire until liquid is reduced to thick brown sauce. Serve with fresh tomato salad.

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SINIGANG NA ISDA

1 fish (apahap)
2 tomatoes, medium size
6 pods tamarind
1 banana bud (saba)
green onions
salt

Clean fish and cut into convenient sizes. Boil tamarind in about 4 C. water. When soft, remove from water, mash well with a little water and return the extract to the boiling water. Add tomatoes and onions cut into quarter. When mixture boils, drop pieces of apahap. Add banana bud (cut into quarters, outer layers discarded); season with salt. Boil until done. If desired, leafy green vegetables (mustard greens, sweet potato greens, etc.), may be used instead of banana bud.

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BOUNTIFUL BEAN SALAD

1 C. cooked bountiful or red kidney beans
1/2 C. shedded cabbage
1/2 C. sliced cucumber
1 hard cooked egg, sliced
1/4 C. minced onions
2 medium tomatoes, sliced
salt, pepper
French dressing

Chill prepared vegetables. Toss lighty with dressing. Serve on lettuce — garnish with egg and tomato slices.

Philippine Bureau of Nutrition

BEAN LOAF

2 C. cooked beans
2 T. chopped onion
3 T. molasses
1/4 C. canned tomatoes
1 1/2 tsp. salt
1/4 C. bread crumbs
1/4 tsp. dry mustard

Mix all ingredients and turn into loaf pan. Bake one hour at 350°. Serve with tomato sauce.

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BAKED SOYBEANS

3 1/2 C. soy beans
2 medium onions
5 T. molasses
2 T. brown sugar
1/2 tsp. dry mustard
1/2 tsp. paprika
2 tsp. salt
1/4 lb. salt pork
10 T. catsup or chili sauce
1 tsp. vinegar

Look beans over carefully, wash and soak in 3 qts. water over night. Cook beans, onions and salt pork, together until tender (2 hrs.). Add other ingredients to cooked beans and bake in moderate oven 2 1/2 - 3 hours. Serves 10.

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LIMA BEANS CURRY WITH PORK

2 C. lima beans
1/2 C. boiled pork, cubed
1 C. broth
2 tsp. salt
1 onion, sliced
1/2 C. coconut milk
1 T. curry powder

Boil lima beans until tender and drain. Boil beans with broth, coconut milk, pork, curry powder and salt. Cook until thick. Serve hot.

Philippine Bureau of Nutrition

CRABMEAT TEMPURA
Japanese

2 (6 1/2-ounce) cans Japanese king crabmeat
1 egg, well-beaten
3/4 T. cracker crumbs
2 C. peanut oil
1 egg
1/2 C. water
1/2 C. flour
1/2 C. hot bouillon
2 T. soy sauce
1 tsp. sugar
1 tsp. sugar
1 tsp. prepared horseradish
1/2 tsp. monosodium glutamate

Remove hard membrane from crabmeat. Keep large pieces whole and save to dip each chunk in batter. Mix flaked crabmeat with beaten egg and cracker crumbs. Chill. Dust hands lightly in flour and shape mixture into small balls. Chill well.

"Among fries in Japanese cooking, Tempura is after all the most appreciated dish. Pour egg mixed with water into flour and stir lightly with big chopsticks. It is the secret of making the good coating to stir only a few times even the lumps remain so we can prevent it from becoming sticky."

—Ituya Honda
Master of Tempachi

Pour peanut oil (Japanese prefer sesamee) into deep saucepan or deep fryer. Heat oil (370°) do not use basket. Dip crabmeat balls and large chunks, one at a time, into batter and drop into hot oil. Cook until golden brown. Drain. Dip in sauce and eat immediately. Serves 4.

Sauce: Mix hot bouillon, soy sauce, sugar, horseradish and monosodium glutamate together, then pour into individual small bowls. This recipe for Tempura may also be used for shrimp, prawns, and fish fillet cut in small pieces, 2″ - 1″.

BEEF WITH MUSHROOMS

Chinese

2 T. fat
1 lb. flank or round steak
1 tsp. salt
1/8 tsp. pepper
3 T. chopped onion
1 Clove garlic, minced
2/3 C. Beef bouillon
1 lb. fresh mushrooms
2 T. cornstarch
2 tsp. soy sauce, or to taste
1/4 C. water

Heat fat in skillet. Cut steak into thin slices (about 1/8") and add to fat. Srprinkle with salt and pepper. Add minced onion and garlic. Cook over medium heat, stirring constantly, until beef is is brown. Add bouillon and fresh mushrooms. Cover pan and simmer 10 min. Thicken with mixture of cornstarch, soy sauce and water. Cook 3-4 min. longer, stirring constantly, until mixture bubbles and starch is cooked. Serve with hot rice. Makes 4 servings.

CANTONESE DUCK

Chinese

5-6 lb. duckling, dressed weight
1/4 C. sherry wine
1/4 C. honey
1 T. kitchen bouquet

With sharp pointed knife cut through duck skin along center of breast from neck to vent. Loosen skin by pulling away from flesh and at same time running knife underneath. Discard skin. Cut skinned duck in serving-size pieces and place in bowl. Combine remaining ingredients and pour over duck meat. Cover and let marinate in cool place for 3 hours, turning occasionally. Place duck and marinade in large covered frying pan and cook over low heat until tender, about 45 min. to 1 hour. Serve immediately, or if crisp brown crust is desired, place pieces of duck in uncovered baking dish and heat in moderate oven (350°) for at least 15 min. Serve hot or cold. Serves 4.

SHRIMP NANKING
Chinese

3/4 lb. fresh shrimp
2 T. butter
1/4 lb. sliced mushrooms
2 T. sliced scallions
2 T. soy sauce
2 T. water
1/2 tsp. monosodium glutamate (to bring out flavor)
1 1/2 tsp. cornstarch
1 T. water

Peel clean and rinse shrimp. Melt butter, add mushrooms and scallions. Saute over medium heat about 2 min. Add shrimp, soy sauce, water and monosodium glutamate. Cover and simmer until shrimp are just done, about 5 min. Stir occasionally. Blend in cornstarch mixed with water. Cook until sauce is thickened and clear. Serve with rice. Serves 2.

PEACH PAGODA

Heap lemon sherbet in chilled canned peach halves. Slice preserved kumquats. Mix with some of peach syrup and pour over sherbet.

SUKIYAKI
Japanese

1 1/2 lb. round steak
2 bunches scallions or
1/2 lb. mushrooms
green onions
3 medium white onions
1 head Chinese cabbage
1 lb. spinach
2-7 oz. cans sliced or diced bamboo shoots
4 1/2" cubes beet suet
1/4 C. chicken broth
1/4 C. soya sauce
2 T. sugar
1/2 tsp. monosodium glutamate

Cut meat cross grain in paper thin slices, easier to do if meat is frozen first. Wash and cut scallions into 2" pieces using tops as well. Slice thin the mushrooms and onions. Shred Chinese cabbage, thoroughly wash spinach.

Heat suet in very large skillet. Saute beef quickly over medium heat until brown. Add other ingredients and cook covered 5 min. over medium heat, then 5 min. more uncovered, tossing lightly until vegetables are cooked but still retain some crispness. Serve with rice. Serves 8.

Jean Carl

CHICKEN EGG DROP SOUP
Chinese

4 C. chicken broth
1/2 C. celery
1 T. onion or shallots
1 egg, slightly beaten
1 C. water cross leaves, optional
salt
pepper

Use 4 chicken bouillon cubes to 4 C. hot water to make chicken broth, or, often it is possible to buy inexpensive chicken parts such as backs which make excellent bouillon if simmered slowly in 1 qt. water 2 1/2 - 3 hrs. Add diced celery and onion to hot bouillon and simmer about 10 min. or until vegetables are tender. Pour slightly beaten egg into boiling soup and stir constantly about 1 min. or until egg forms shreds. Add watercress leaves and cook another minute. Serve hot. 6 servings.

Joy Morris

EGGS FOO YUNG
Chinese

2 T. butter
1/2 lb. mushrooms, sliced
1 onion, minced
1 stalk celery, diced
6 eggs
1/2 tsp. salt
1/8 tsp. pepper
3/4 C. bean sprouts, well drained
1/2 C. cooked diced chicken or pork
Fat for frying

Melt butter in frying pan; add mushrooms and saute 1 min. Add onion and celery and cook 5 min. longer. Cool. Beat eggs with salt and pepper until frothy. Add sauted vegetables, bean sprouts and meat. Drop by large spoonfuls in hot fat in frying pan. Cook until firm on one side, turn and cook other side. Serve with soy sauce. Serves 4.

CHINESE FRIED RICE

4 T. oil or cooking fat
3 eggs
2 lg. onions, finely chopped
1 buffet-size can mushrooms, sliced
salt
pepper
6 C. cold cooked rice
1 C. bean sprouts
2-4 T. soy sauce

Melt oil in large heavy skillet, add eggs and fry until yolks are firm. Cut eggs in shreds and add onions, mushrooms, salt and pepper. Saute about 5 min. Add rice and bean sprouts (available in cans at most grocery stores, fresh in the Philippines) and cook until rice is brown, about 5 min. more. Add soy sauce, mix well, and serve immediately. Make 6 servings as a main dish, 8-12 servings as a side dish.

INDIAN CHICKEN CURRY

1/2 C. butter
2 large onions, sliced
2 whole cardamon, optional
1 1″ piece stick cinnamon
2 garlic clover, minced
1 tsp. ginger
1 T. ground cumin seed, optional
1 T. curry powder
1 1/2 tsp. ground coriander seed, option.
1 tsp. tumeric powder, option.
1/2 tsp. Tabasco
3/4 C. warm water
2 tomatoes, peeled and cut
1 3 1/2-4 lb. roasting chicken, cut in pieces.

Melt butter in deep saucepan; add onion, cardamon and cinnamon. Cook until onion is tender and lightly browned. Combine garlic, ginger, cumin, curry powder, coriander, tumeric, Tabasco and 1/4 C. of the water; stir to a paste. Stir into butter mixture; add tomatoes. Cover; simmer 20 min. Add chicken and remaining water. Cook over low heat, 1 1/2-2 hours, or until chicken is tender. If necessary, add additional warm water. Add salt if necessary. Serve with hot cooked rice. Serves 6.

NASI GORENG
Fried Rice, Indonesian Style

C. (oarsely chopped)
3 C. uncooked rice
1 C. small shrimps (cleaned, and cooked)
1/2 C. bacon (fried and coarsely chopped)
1/4 C. small red onions mashed
1/2 T. garlic mashed
1 stalk finely chopped celery
2 stalks onion leaves (coarsely chopped)
2-3 small red peppers (seeded and washed, after which only the outside is chopped into small pieces).
1/2 C. Tomato catsup
1 1/2 T. soy sauce
4 whole eggs
4 whole eggs
1/4 C. hot oil (preferably pork fat)

Heat the oil (very hot), break eggs in it and scramble. This will have to be done quickly as the eggs will burn quickly. Add to this the mashed red onions and garlic and fry until onions are light brown. Add celery and onion leaves (do this quickly as these should only be fried until they start to get soggy), add the shrimp and bacon.

Add other ingredients one by one plus salt and pepper to taste. When flavor is what you want add cooked rice (remember to cook rice very dry and fluffy) little by little and stir it around so that it gets an even orange color from the catsup and soy sauce. If

(Continued on next page)

rice is too dry, add more catsup and soy but do not add too much as the rice should not cling together but be loose and fluffy; serve hot and garnish with fried onions, ham and omelette.

Ingredients for decorating the Nasi Goreng:

2 sliced and cleaned cucumbers
1/4 C. crisply fried onions
2 whole eggs (fried into an omelette and cut into long slivers)
1/4 C. slivered cooked ham

Put cucumbers around edge of platter and alternate ham and egg in circle on top of nasi goreng.

If you wish you can serve with variety of dishes, such as fried bananas, sayote, toasted peanuts, pickles, etc.

You may also add approximately 2 C. pre-cooked Chinese peas and mix thoroughly with rice. Green peas or thinly slivered green beans would also be good. Serves 6.

Mrs. O. L. Turner

TIKIA KABABS KARACHI

1 lb. ground lean beef
2 T. minced onion
1 T. salad oil
1/2 tsp. ground cumin seed
1 tsp. salt
1/2 tsp. ground coriander seed
1/4 tsp. ground cinnamon (optional)
1/4 tsp. hot red pepper

Combine all ingredients. Shape into 1 1/2" balls. String on skewers. Place under broiler, turning to brown on all sides. Serve at once. Serves 3-4.

INDONESIAN SISHKABOBS

1 kilo pork, cut in 1-1/2" cubes
1 kilo veal, cut in 1-1/2" cubes
1/4 tsp. salt
1 T. ground coriander
1 T. cumin seed
1/2 C. salad oil
1/4 tsp. tobasco sauce
1 C. onion slices
2 T. brown sugar
4 T. soy sauce
1 T. Accent
dash ground ginger

Trim off fat. Mix meat with salt, pepper, coriander, cumin seed, oil and tobasco. Let stand 20 min. If meat looks dull, add more oil. Put in onion slices, brown sugar, soy, Accent, ginger. Marinate over night. Alternate meat and onion slices on skewers. Place on broiling pan. Pour over remaining liquid. Broil about 4 inches from unit for 15 min. or until tender. Baste and rotate skewers. Before serving pour juice of 2 limes and remaining sauce over meat.

Joan Smith

GOULASH MIT NOCKERL

1 kilo beef, in cubes
1 egg
1 kilo onions, chopped
flour salt and pepper

Fry onions and meat separately. When brown, combine and add a little water. Simmer until tender, adding more water if needed. Add salt and paprika. Into the egg mix as much flour as can be held. Add 1 T. water and salt. Knead with hand until mass is uniform hard. Break off small pieces, size of a pea put them into the stew gravy and let them boil with the stew. Serve with cucumber salad. 4 large servings.

Mona Steiner

WIENER SCHNITZEL

veal, or pork
lemon juice
salt
flour
1 egg, beaten
bread crumbs

Marinate thin slices of meat with lemon juice and salt for 1/2 hour. Pound with edge of heavy plate. Dip into flour and pat well. Dip into egg, then into crumbs and pat well. Fry in fat. Serve with potato salad.

Mona Steiner

BEEF STROGANOFF

1 kilo beef
1 onion, chopped
1 C. mushrooms
1/4 C. celery, chopped
1/4 C. green pepper, chopped
2 T. sour cream
2 T. fat
2 T. flour
1 1/2 C. stock
2 T. tomato paste
1 tsp. prepared mustard
1 tsp. Worcestershire

Have butcher cut beef in very thin slices. Sear it in very hot pan, sprinkle with salt and pepper. Cook onion, celery, mushrooms and green pepper in 2 T. fat until tender. Make a sauce of flour fat, stock, tomato paste, mustard and Worcestershire. Combine sauce, vegetables and meat and simmer uncovered about 20 min. Just before serving, add 2 T. sour cream.

Mildred Miles

SWISS MUESLI

1 T. Quaker Oats
fruits in season (mango, orange, bananas, apples, etc.)
1/2 C. water

Soak oats in water over night. Mix with fruits which have been ground. Season with calamansi juice and sugar to taste.

Very healthful and full of vitamins. 1 serving.

Mrs. Johannes Lamie

BIBINGKANG PINIPIG

6 C. pinipig
2 1/2 C. sugar
3 C. water
3 fresh coconuts
2 large panochas

Grate the coconuts and squeeze out the cream. Set aside. Pour 3 C. of water over the coconuts and squeeze again. Mix the pinipig with the thin coconut milk and soak for 5 min. Then put in a frying pan or a carajay; stir continually until dry. Remove from fire and place in molds lined with banana leaves.

In a saucepan melt the panochas with the coconut cream over the fire. When they are dissolved, strain and return to fire. Stir continually until thick and creamy. This is called latik. Cover the pinig with latik and bake in the oven until top is brown.

Perfecta L. del Mundo, O.D.

INDIAN DINNER
(Courtesy of the Indian Embassy)

CHICKEN CURRY

1 T. ground coriander
1 tsp. ground mustard seed
1 tsp. ground cummin seed
coconut milk
1 tsp. ground turmeric
1/2 tsp. ground ginger
1/2 tsp. ground chilies
salt

Mix together spices for curry.

Cook, but do not brown, 1 onion and 2 cloves garlic, finely chopped together, in 1 T. ghee or other fat. Add to it the curry mixture and fry in it for 5 min. one jointed chicken. To form the gravy, add thin coconut milk just sufficient to cover the chicken. Simmer gently with pan uncovered until the gravy begins to thicken and the chicken is tender. Then add a T. of thick coconut milk. Salt to taste and a squeeze of lemon juice.

MEETA DHALL

1 2-inch stick cinnamon
1/2 lb. any kind of Dhall or Egyptian lentils
1 onion sliced
1-2 dry red chilies, cut lengthwise, seeds removed
6 mint leaves
2 ozs. fat
1 small onion, finely sliced
1 clove garlic, finely sliced
2 cloves
2 cardamoms

Boil lentils, onion, chilies and mint leaves in a qt. of water until lentils are soft.

Fry lightly for 2-3 min. in fat; sliced onion and garlic, cloves, cardamoms and cinnamon.

Add boiled lentils, salt to taste and simmer for 10 minutes.

CHUPPATIES
(Unleavened Wheaten Cakes)

Atta is coarse Indian flour, but equal quantities of ordinary white and whole meal flour mixed and sifted together will give the same results.

Take 1/2 lb. of this flour mixture, add a generous pinch of salt and rub into it an ounce of ghee or butter. Convert into a soft dough with cold water, cover and stand aside for an hour or longer. Knead well, divide into balls the size of a billiard ball and roll each out to the size of a teaplate. Bake on a thoa or griddle.

In India the balls of dough are clapped out between the palms of the hands into flat cakes.

PLAIN BOILED RICE
(Bhat—Choroo)

Set to soak for at least 20 min. in cold water 1 lb. of well washed unpolished rice. Have ready 6 pints of boiling water in a roomy and absolutely unstained saucepan. Drain rice in a colander and add it to the boiling water with a dessert spoonful of salt (rice cooked without salt is very insipid). Stir to prevent the rice caking at the bottom of the pan and let boil rapidly 10-12 min. The rice will now be sufficiently cooked, and soft enough for a grain to be lightly crushed between the finger and thumb. Pour the whole contents of the pan into a well-perforated colander (not a sieve) and pour rather less than half a tea-cupful of cold water over the rice to separate the grains. Drain thoroughly well, and, using a spoon, lift the rice lightly and dish. Rice cooked in this manner will not need heating up or drying in any way.

GOOLAB JAMON

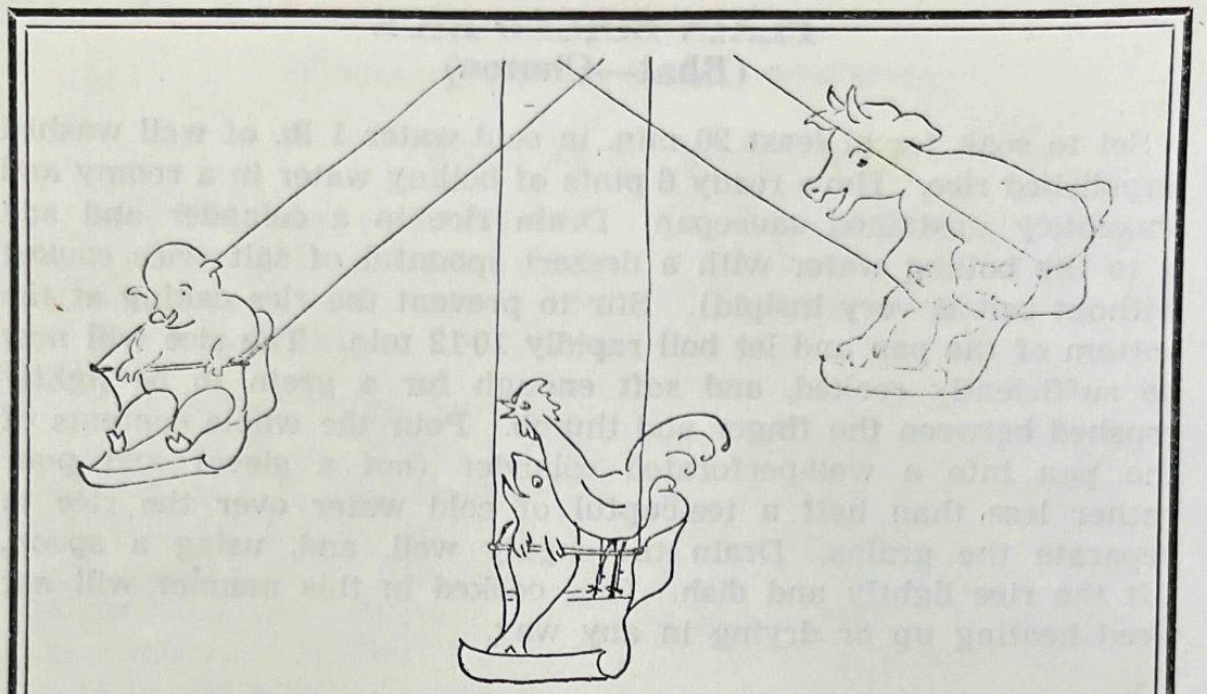
Broil each ingredient separately:

1/2 lb. very fine Soojee in 1 oz. fat
1/4 lb. dried milk in 1 oz. fat
1/4 lb. ground almonds in 1 oz. fat
eggs

These ingredients must only be lightly broiled, on no account must they brown in the slightest.

Mix all together with 2-3 eggs and knead until the dough can be formed into small rolls about 2″ long, 1/2″ in diameter in the center and tapering at the ends.

Fry in deep boiling fat, until a golden brown. Drain well and while hot drop into a heavy syrup. They can either be eaten with the syrup or drained and rolled in castor sugar.



MEAT, FISH POULTRY

JELLIED CHICKEN

3 lbs. chicken
2 1/2 tsp. salt
1 stick gulaman
1 diced onion
2 bay leaves
1 blade of mace
3 cloves
1 tsp. whole pepper
1/8 tsp. nutmeg
3 hard-cooked eggs
6 sliced, stoned olives
1/2 C. sliced canned mushrooms
1/4 C. vinegar
1 T. chopped parsley
1 T. chopped celery

Dress chicken and wipe with cold damp cloth. Put in kettle. Half cover with boiling water. Cover kettle and let simmer until tender, 2 to 3 hours. Add 1 1/2 tsp. salt when half cooked.

Remove chicken from pot, reserving liquor. Drain chicken and let cool. Remove all meat and cut in 1" squares. Put skin and bones in saucepan. Add 1 qt. liquor from kettle. Add onion, bay leaves, mace, 1 tsp. salt, cloves, pepper and nutmeg. Simmer until reduced to 1 pint. Add vinegar. Add gulaman and boil until dissolved. Strain. Put layer of chicken meat in greased mold. Cover with layer of sliced eggs, mushrooms and olives. Alternate layers until all ingredients are used, sprinkling layer with parsley and celery. Pour stock into mold.

Unmold when well set. Serve with mayonnaise. Makes 6 large servings. Serve with hot rolls as a main luncheon dish.

Lourdes Cielo

CHICKEN CURRY

1 chickens, jointed
1 clove garlic
2 T. curry powder
2 T. lard
1 T. vinegar
1 C. chicken broth
1 small piece chili pepper
1 2-1/2 can whole tomatoes
Salt
1 coconut

Extract cream from coconut. Brown garlic and curry powder in lard, then brown chicken. Add vinegar. When chicken is somewhat tender add broth and tomatoes and salt to taste. During last 10 minlutes add coconut cream. Serve with fried bananas, crisp bacon, chopped boiled eggs, fried onions, fried raisins, chutney, peanuts, grated coconut.

To extract cream from coconut: grate meat, pour on equal amount of hot water, and squeeze with hands.

Elva F. Shepley

CHICKEN CHOW MEIN

2 4-5 lb. (pound) chickens, stewed
4 cans chow mein noodles
2-3 pkgs. cashew' nuts
3 C. broth
4 cans mushroom soup
4 C. chopped celery
1 1/2 C. chopped onions
salt

Mix all together. Put nuts in whole. Keep out a few noodles and nuts for the top. Bake at 350° for 1 hour or longer. Cover when baked. Serves 20.

Elise Mears

CHICKEN VALENCIANA

2 C. chicken, cooked, diced
4 C. cooked rice
1/2 can tomatoes
1 onion, diced
Salt and pepper
1 small can Vienna sausage
1 small can mushrooms
2 pimientos
2 hard cooked eggs

Cook onion in fat until soft. Add tomatoes, then chicken and sliced sausages. Add rice and let mixture simmer while you are stirring. If too dry, add some chicken soup or tomatoes. Put sliced egg and pimiento on top when it is served.

Mrs. P. D. Carmen

CHICKEN IN COCONUT SHELL

6 coconuts
1 can corn niblets
1 onion, chopped
2 T. butter
3 C. chicken meat raw
1 C. tomatoes, canned
6 T. shredded coconut meat
6 T. hot water

Rub coconut shells to clean off fiber, then saw off tops which will make lids. Scrape out meat to make room for mixture. Pour hot water on meat and squeeze to make cream. Brown onion in butter, then add tomatoes, chicken, corn, coconut meat and 6 T. coconut cream. Also add seasonings; mushrooms and pimiento add much to this mixture. Fill shells almost full, replace lids, and seal with paste made of flour and water. Place shells in shallow pan, with an inch of water.

Bake 1 hour at 400°. If kept sealed, the heat will be retained for five hours. Serve on plates, unopened. Also serve coleslaw and hot rolls.

Mrs. P. D. Carmen

NORWEGIAN MEAT CAKES

1 lb. round beef
1/2 lb. veal
1/2 lb. pork
2 eggs, lightly beaten
1/2 C. evaporated milk
3 tsp. salt
1/2 tsp. pepper
1 tsp. nutmeg or mace
1 small onion, grated
1/8 lb. butter
1/2 C. bread crumbs

Place meat, which your butcher has ground together at least four times, in bowl.

To eggs, add milk, salt, pepper, nutmeg or mace and crumbs. Cook onion in butter, without browning, and cool thoroughly. Add to other mixture.

Mix everything together, and form (gently and lightly, please!) into hamburger patties. Cook and serve like steaks, with lots of fried onions, and the pan juice.

This same combination can be used for meat balls and gravy. And, by adding more onions and spices, may be formed into small meatballs and served as cocktail snacks.

Fry in butter, rinsing the pan with a little bouillon or hot water. Keep the pan juice, adding a little red wine if you want.

Joyce Andersen

SWEDISH VEAL BIRDS

1 kilo veal cutlets or leg of veal, cut 1/8" thick
1 1/2 tsp. salt
1/4 tsp. white pepper
2 T. butter
1 onion
1 carrot
1 1/2-2 C. bouillon or water

Stuffing:
2 T. butter
3 T. chopped parsley

Gravy:
pan juice
1 T. flour
salt and pepper to taste

Flatten meat with meat hammer; trim off outside fat and sinews. The pieces of meat should be 3" by 6".

Mash butter and parsley. Sprinkle meat on both sides with salt and pepper, and spread each slice with parsley mixture, keeping away from edges. Roll up and secure with toothpicks or string. Brown in butter with onion and carrot in a Dutch oven or heavy frying pan. Add hot bouillon or water and simmer, covered, for 1 hour or until tender. Baste occasionally, adding more water if needed. Remove toothpicks and place in hot deep serving dish, keep warm.

Strain pan juice, removing excess fat. Brown flour in fat and add pan juice and cream gradually. Simmer ten minutes, stirring occasionally. Pour over veal before serving.

Joyce Andersen

TERIYAKI MEAT STICKS

beef, sliced very thin, cut in strips, 2x4"
1 clove garlic, chopped
1 piece fresh ginger, chopped
1 T. sugar
soy sauce
charcoal for fire

Use tenderizer if meat seems tough. Skewer it on bamboo sticks, 3 pieces to a stick.

Make sauce of garlic, ginger, sugar and soy sauce. Make 1 qt. for 4-5 lbs. of meat. About 1 hour before broiling time pour sauce over meat, and start the fire. Broil to taste.

Jen Searl

CHINESE BURGERS

Hamburg patties
1/2 kilo bean sprouts
1 large onion, sliced
1 T. fat
Soy sauce

Make patties using favorite seasonings. Blanch bean sprouts 2-3 minutes and drain. While frying hamburgers, put fat into another pan and fry onion until yellow. Add sprouts and cook several minutes. Add generous amount of soy sauce. Serve over the hamburgers.

Jen Searl

SWEAT AND SOUR MEAT BALLS

1/2 kilo ground beef
1 egg
2 T. flour
1/2 tsp. salt
dash pepper
3 T. cornstarch
2 tsp. soy sauce
1/2 C. vinegar
1/2 C. sugar
2/3 C. chicken broth

Shape 16-18 balls from beef. Dip in batter of egg, flour, salt, and pepper beaten together. Brown in heavy skillet in oil or shortening. Remove when brown. Pour off all oil except 1 T. Pour into skillet, mixture of remaining ingredients. Stir constantly until thick. Add 1/3-1/2 cup more broth if desired.

Pour over meat balls. Decorate with slices of green peppers and pineapple chunks. Serve with hot rice. Serves 4.

Wilma Tye

BEAN-SPROUT CHOP SUEY

1 C. lean beef
1 C. chopped celery
1 small onion
1/2 lb. fresh bean sprouts
2 tsp. sugar
2 T. soy sauce
2 T. lard

Cut beef into small pieces. Fry in lard until brown. Remove meat from pan and saute onion. Return meat and add 1/2 C. water or soup stock. When boiling add celery, bean sprout and soy sauce. Cover and cook for 15 min. Season with sugar and salt to taste. Serve on crisp noodles.

SWEET AND SOUR PORK

1 kilo cut up pork tenderloin
1/2 C. vinegar
1/2 C. pineapple juice
1 T. sugar
1 T. cornstarch
6 carrots, sliced
1 green pepper, sliced
6 small onions
6 slices pineapple diced

Put cut up pork tenderloin in boiling water; when water boils again, pour off and fry until brown. Add a little water and simmer until meat is cooked. Blend sugar and cornstarch; add vinegar and pineapple juice. Add this mixture to meat. Stir well and let come to a boil.

Pre-cook carrots and small onions in salted water. Drain. Add with sliced green pepper and diced pineapple to meat mixture. Mix carefully and heat through.

Serve with rice. Serves 6-8.

Mrs. Alexander Christie

SPICY PORK

2 small cans tomato sauce
1/3 C. vinegar
3/4 C. brown sugar
1/2 C. water
1 1/2 tsp. salt
1/2 tsp. celery seed
1 kilo porkchops (remove fat) or 1 kilo lean slices of pork

Mix together tomato sauce, vinegar, sugar, water, salt, and celery seed. Brown meat lightly, salt lightly if desired.

Let stand in sauce mixture for 2 hours.

Bake 2-3 hours, basting often, in 300° oven.

Wilma Tye

BARBECUED PORK

1-1/2 C. water
2 tsp. soy sauce
1-1-1/2 kilo pork, hindleg
3 tsp. worcestershire sauce
4 calamansi, juiced

Cook over slow fire until tender, turning every 20 minutes. When done, remove gravy and brown meat. Very good for cold cuts.

PEDRO'S BEANS

1/2 kilo white beans
1/2 kilo pork
2 large onions, 1" sliced
2/3 C. brown sugar
1 T. vinegar
1 T. salt
1 stalk celery, cut
2 large green peppers, sliced
1 #2-1/2 can solid pack tomatoes
1 tsp. mustard

Soak beans overnight, then boil with pork and 1 onion and salt. Cook until tender, then remove pork and slice it. Fry sliced vegetables in lard in skillet, adding mustard, salt and 1 T. brown sugar. Mix in vinegar. Stir. Add pork and cook 5 minutes, then remove pork. Pour off bean juice, but save it to thin mixture if necessary later. Pour sauce on beans and taste. Put beans in roasting pan and spread pork on top. Sprinkle sugar. Bake until light brown.

Sue Malotte and
Mrs. John B. Ferguson

SHRIMP CREOLE

2 medium onions, sliced
1/4 C. chopped green pepper
6 mushrooms sliced
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. paprika
1/2 C. tomato juice
1/4 tsp. curry powder
1/4 tsp. sage
1/4 tsp. liquid no-calorie sweetener or 2 tsp. sugar
1/2 C. drained canned tomatoes
2 5 oz. cans shrimp, drained and deveined or
1 kilo fresh shrimp

Simmer together onion, green pepper, mushrooms, salt, pepper, paprika, sage and sweetener in tomato sauce until tender.

Add tomatoes, shrimps and curry powder. Heat and serve piping hot. May be served with rice and a fruit salad.

To prepare fresh shrimp: Boil in 1 C. salted water, remove head and shell and devein. 100 calories per serving. Serves 4.

SHRIMP AND MUSHROOM CURRY

3/4 C. all-purpose flour
7-8 tsp. curry powder
4 tsp. salt
1/2 tsp. ginger
2 tsp. granulated sugar
1 C. minced onions
1 C. diced, pared green apples
3/4 C. butter or margarine
1 qt. chicken broth
2 C. milk
3 T. butter or margarine
1 1/2 lb. washed mushrooms, stems removed
1/4 C. melted butter or margarine
2 T. fresh, frozen or canned lemon juice

Day before: Mix together first 5 ingredients. In a large kettle saute onion and apple in 3/4 C. butter until tender; blend in flour mixture. Slowly stir in chicken broth and milk; cook, stirring often, until thick. Remove from heat. In large skillet, melt 3 T. butter; add shrimp, and sauté over high heat, stirring with fork, 5 minutes. Drain. Add to curry sauce. Place mushroom caps in shallow pan; brush with 2 T. melted butter; broil 3 min. Turn, brush with 2 T. butter; broil 3 minutes longer. Add, with lemon juice, to curry sauce. Refrigerate.

About 1/2 hour before serving: Cook 2 C. raw regular or processed white rice, or two 5 oz. pkg. precooked rice (2 2/3 C.) as package directs. Reheat curry. Garnish rice with minced parsley. Serves 8.

Dottie Voorhis

BOILED RED SNAPPER WITH SAUCE

1 large snapper (maya-maya)
2 T. salt
1 carrot, cut
10 peppercorns
2 bay leaves
1 large onion, chopped
1 small bundle parsley, cut
kinchay (native celery), cut
spring onions, cut
1 green pepper, chopped

Clean fish of scales, fins and tail. Cut belly open and clean inside. Rub with salt, inside and out, and sprinkle juice of calamansi. Place in icebox 1/2 hour. Fill pot, large enough to hold fish without bending, half full of water, and bring to boil. Add all remaining ingredients and fish. Cook 20 minutes. Let fish stand in water 10 minutes more after pot is removed from fire. Then serve with hot butter and sauce.

(Continued on next page)

Horseradish Sauce:

8 tsp. horseradish, dehydrated
1/2 bottle Avoset whip cream or 1 can Nestle cream
2 T. milk
1 green apple
1 T. vinegar . .

Mix horseradish and milk until smooth. Let stand 1/2 hour in icebox. Add vinegar, grated apple. Whip cream, chop parsley and add. Let stand in icebox 1/2 hour before serving. If too thick or sharp, add milk.

Mustard Sauce:

5 tsp. prepared mustard
2 C. water
1/2 tsp. salt
2 tsp. butter
2 tsp. sugar, or more little water
parsley, chopped
2 tsp. flour

Mix mustard, butter, salt, sugar and water and boil. Stir flour with water to make paste, and add to boiling mixture. Stir constantly. Take from fire and add parsley. Melt big piece of butter and serve hot with fish.

Herta Wegner

BOILED FISH

1 1/2-2 kilo apahop, lapu-lapu, or maya-maya (red snapper)
1 onion quartered
1 tsp. peppercorn
1 bay leaf
1" slice ginger root
2 T. calamansi juice or 3 T. vinegar
1 medium tomato
2 tsp. salt

Remove head from fish and cover with cold water. Add onion, peppercorn, bay leaf, ginger root, calamansi juice, tomato and salt. Bring to a boil and simmer for 30 minutes. Remove skin and garnish with parsley. Serve with mustard sauce or egg sauce. Serves 4-6.

(Egg sauce on page 74)

DUCKLING STEWED IN RED WINE

5 lb. duckling
1 tsp. salt
1/8 tsp. pepper
2 large onions
3 sprigs fresh parsley
3 sprigs celery tops
1 large bayleaf
1/8 tsp. thyme leaves
1/4 C. good brandy
1 pint red wine
1 small carrot, thinly sliced
2 slices fat salt pork, chopped
1 T. olive oil
1 clove garlic, minced
1/2 lb. fresh mushrooms, thinly sliced

Cut duck into portions. Place in large mixing bowl, and add all but last 4 ingredients. Blend and allow them to marinate at least 4 hours, stirring occasionally. Drain thoroughly, reserving the marinade. Heat pork and olive oil in casserole, and brown drained duck pieces on all sides. Add entire marinade, garlic, and mushrooms, and let simmer very gently for 1 hour. Serve from casserole with rice. Makes duck very tender.

Betty Walford

SOUR BEEF

1 C. vinegar
1 bay leaf
1/2 C. water
1 onion, cut in half
1 kilo beef, sirloin
2 cloves
peppercorns

Wash meat well. Bring water, vinegar, cloves, peppercorns and bay leaf to boiling point. Pour liquid over meat and onion. Keep in icebox 4-5 days, then cook like pot roast. Liquid may be used for gravy. Good with home-made noodles.

Margaret Hoeflein

SALMON LOAF

14-16 oz. flaked cooked salmon
1/2 C. fine bread crumbs
4 T. butter
2 eggs, slightly beaten
1 T. minced parsley
salt and pepper
1 C. hot milk.

Combine all ingredients but hot milk. Moisten mixture with milk. Turn into a buttered pan. Set in pan of hot water and bake at 350° until firm, about 30 minutes. Tuna or left over fish may be used. Serves 4-6.

PAKSIW

Cooked Pork (about 2 kilos)
2 C. vinegar
Marjoram
Bay leaf
1/2 C. soy sauce
1/2 C. brown sugar
salt and pepper to taste
1 head of garlic
about 2 C. water

Mix all the ingredients and allow to simmer. Stir occasionally and let thicken slightly. Serve hot or cold. Transforms the old roast into a new dish.

Patria Jimenez and
Janet Walker

EGG SAUCE

4 T. butter
4 T. flour
1 tsp. salt
1/4 tsp. pepper
2 C. milk
2 chopped hard cooked eggs
1 T. chopped parsley

Melt butter over low heat, add flour, salt and pepper. Stir until well blended. Remove from heat. Gradually stir in milk and return to heat. Cook stirring constantly, until thick and smooth. If desired, add one tsp. dry mustard with the dry ingredients. Makes two cups sauce.

STUFFED BANGUS

1 bangus
3 tomatoes, chopped
3 potatoes, cubed, fried
3 onions, chopped
2 cloves garlic, chopped
1 tsp. salt
1 #1 can peas, drained
1 T. lard
3 egg yolks, beaten

Clean fish, taking care not to cut the skin. Roll it on the table, and press to soften the meat. Use dull knife to remove meat and backbone. Boil the meat in salted water (small amount), then flake meat and remove bones. Fry garlic, onions, and tomatoes, then add fish and fry 5 minutes. Put mixture in a bowl and add the lard, peas, potatoes and eggs. Mix well. Stuff the fish with this mixture. Fry in deep hot fat until brown; or bake in moderate oven.

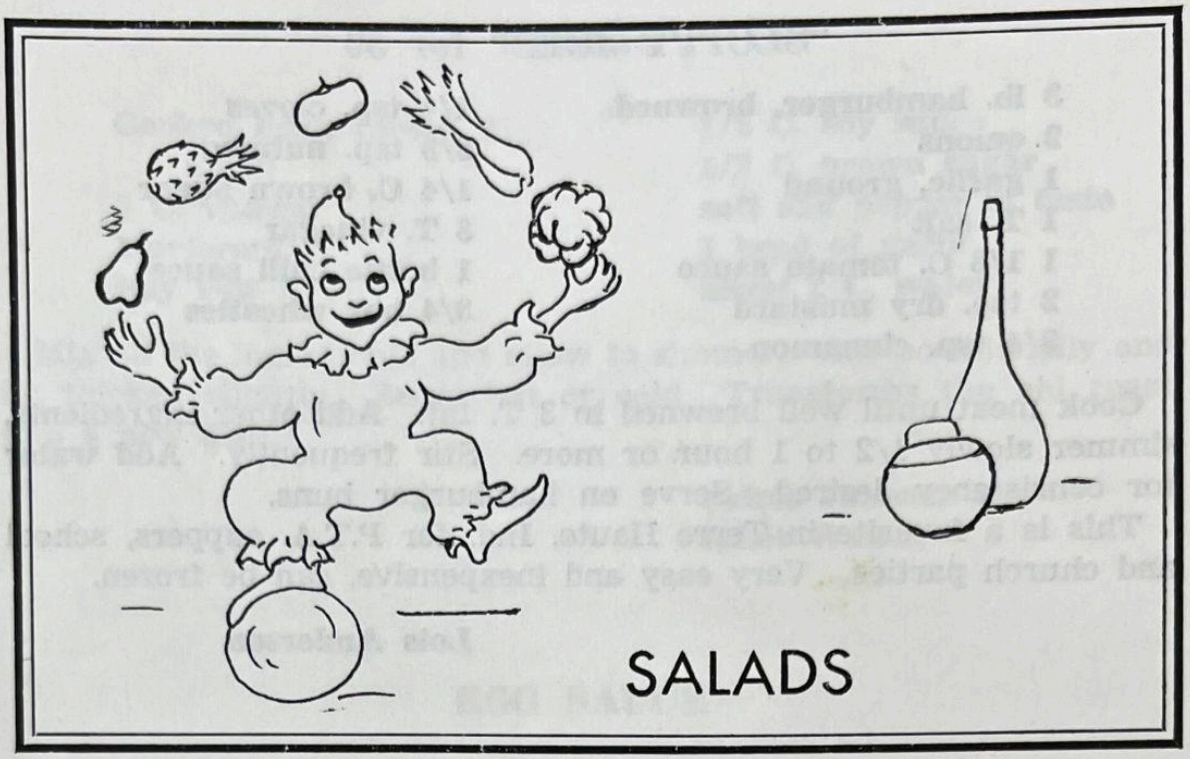
"SLOPPY JOES" for 50

3 lb. hamburger, browned
2 onions
1 garlic, ground
1 T. salt
1 1/3 C. tomato sauce
2 tsp. dry mustard
3/4 tsp. cinnamon
1/4 tsp. cloves
3/8 tsp. nutmeg
1/4 C. brown sugar
8 T. vinegar
1 bottle chili sauce
3/4 box wheaties

Cook meat until well browned in 3 T. fat. Add other ingredients, simmer slowly 1/2 to 1 hour or more. Stir frequently. Add water for consistency desired. Serve on hamburger buns.

This is a favorite in Terre Haute, Ind. for P.T.A. suppers, school and church parties. Very easy and inexpensive, can be frozen.

Lois Anderson



MOLDED SALAD

2 env. gelatin
1/2 C. cold water
1 small can crushed pineapple
juice of 1 lemon
1 C. sugar
1/2 lb. cottage cheese
1/2 pt. whipped cream

Soak gelatin in cold water. Boil pineapple, lemon juice, sugar and pour over gelatin. When thickened, fold in cottage cheese, and whipped cream. Pour into mold — makes 10 molds.

Dressing: Equal parts of whipped cream and mayonnaise, chopped celery and green pepper and onions if desired.

Elise Mears

MOLDED TUNA FISH SALAD

1 env. gelatin
1/4 C. cold water
1 C. tuna fish
1/2 C. chopped celery
1/2 finely chopped green pepper
1 T. mild vinegar
3/4 C. mayonnaise
1/2 tsp. salt
1/4 tsp. paprika
few grains cayenne

Soften gelatin in cold water. Place bowl over hot water and stir until gelatin is dissolved. Cool, add salad dressing, fish separated into flakes, celery, pepper, olives, vinegar and seasonings. Turn into molds that have been rinsed in cold water and chill. Serve on lettuce leaves. Salmon or crabmeat may be used instead of tuna fish if desired. Serves 6.

Gertie Thormeyer

MEXICAN SALAD

1 medium head cabbage
1 medium green sweet. pepper
1 medium onion
1 large tomato or 2 small ones
2 heaping tsp. chili powder
2 slices bacon
1/4 C. vinegar (salad)
salt to taste

Chop vegetables and mix. Crisp bacon in skillet, pour out grease. Crumble bacon in chopped vegetables.

In skillet in which bacon was fried, put vinegar, salt and chili powder, bring to boil, pour over salad and serve immediately.

Note—If salad is not to be served immediately, put chopped vegetables and bacon in refrigerator, keep chilled. Put dressing on salad when ready to serve or vegetables will not be crisp.

Mary Lou Ferst

PAPAYA RING SALAD

6-1" rings ripe papaya
2 C. fruit mix — fresh fruits in season

Cut slices of papaya, peel and chill. Arrange on lettuce leaves. Fill the center with chilled fruit mix and garnish with whipped cream, ice cream, or sherbet. Serve at once.

May be used also as a dessert. Serves 6.

Philippine Bureau of Nutrition

KIDNEY BEAN SALAD

1 head lettuce
1 C. kidney beans, well drained
2 T. sweet pickle relish
2-3 eggs, hard boiled and sliced
celery, garlic, or onion salt

Break lettuce. Add beans, pickle relish, eggs and salt. Use whichever kind of salt you prefer for a flavoring. If salad dressing is needed use drained off juice with a little vinegar. Serve with hamburgers or cold meat. Serves 4.

Jean Carl

LIME JELLO SALAD

1 box lime jello
1 1/3 C. boiling water
2 C. creamed cottage cheese
1/2 C. mayonnaise
1/2 C. whipped cream
1 small can crushed pineapple

Stir jello into water and let jell. When partly jelled stir in cottage cheese, mayonnaise, cream and pineapple. Chill again until completely jelled. Serves 6.

Jean Carl

CUCUMBER SALAD

3 medium cucumbers
1 T. salt
2 T. sugar
1 C. wine vinegar
3/4 tsp. black pepper
2 1/2 T. parsley or dill
1 T. water

Wash cucumbers, pare, slice paper thin into a bowl. Sprinkle with salt. Mix with hands, turning over in salt. Press a plate down into the bowl over the cucumbers and let stand. After about 1 hr. drain the juice.

Mix a dressing of remaining ingredients. Pour over the cucumbers, let stand 15 min. or more.

Serve as an appetizer or with meats or fish. 6 servings.

Marty Gillespie

TUNA AVOCADO SALAD

3 T. lemon juice
1 C. cubed avocado
1 6-1/2-oz. can grated tuna
1 tsp. salt
1 C. chopped celery
1/3 C. mayonnaise
Salad greens

Combine lemon juice and salt and pour over avocado. Combine tuna with celery and blend lightly with avocado mixture. Add mayonnaise and blend. Serve on lettuce-garnished salad plates. Serves 4.

SWEETHEART SALAD

2 C. crushed pineapple
1/2 C. sugar
1 1/2 T. granulated plain gelatin
1/4 C. water
2 T. lemon juice
2 T. cherry juice
6 oz. cream cheese
1/2 pint whipping cream
12 marachino cherries

Heat pineapple with sugar, add gelatin which has been softened in 1/4 C. cold water. Stir until melted. Add lemon and cherry juice; cool. Mash cream cheese, add cherries which have been cut fine. Mix with pineapple, adding small amount of pineapple mixture to cheese at a time. Chill until slightly thickened. Whip cream and blend with pineapple mixture. Mold and chill. 8 average servings.

Peggy Green

FROZEN FRUIT SALAD

2/3 cup heavy cream
1/3 C. mayonnaise
1 tsp. gelatin
3 T. pineapple juice
1 tsp. powdered sugar
2 T. lemon juice
1 T. marachino syrup
1/2 C. diced bananas
2/3 C. diced pineapple
1/2 C. diced cherries

Beat cream until stiff and gradually beat in mayonnaise, gelatin soaked in pineapple juice and dissolved over hot water, sugar, lemon juice and marachino syrup. Fold in fruit. Put in freezing tray and freeze 4-5 hours. Serve on lettuce leaves and garnish with cherries.

Gertie Thormeyer

MAN-MADE CAESAR SALAD

2 medium heads lettuce
fresh salad vegetables (green pepper, radishes, tomatoes, etc.)
1 clove garlic, quartered
1/4 C. salad oil
1/4 C. grated Parmesan cheese
1/4 C. crumbled blue cheese
1/2 C. salad oil
1 T. Worcestershire
3/4 tsp. freshly ground black pepper
1 raw egg, beaten
2 lemons, halved
2 C. 1/4" bread cubes

Night before: Drop garlic into 1/4 C. oil. Toast bread cubes in shallow pan at 300° about 20 min., or until golden. Wash and drain greens and store in crisper.

Before serving: Tear greens into generous bite-size pieces into big wooden salad bowl; mix with other vegetables. Sprinkle cheeses on top. Drizzle on 1/2 C. oil, well combined with Worcestershire, salt and pepper. Toss gently until every leaf glistens. Then add beaten egg to the greens; with a fork, ream the juice from 2 lemons over all. Toss again until all specks of egg disappear. Pour 1/4 C. oil (garlic removed) over bread cubes; give a quick toss and sprinkle over greens. Give one last quick tossing and serve.

The ingredients may be placed on a tray and mixed at the table.

Crisp bacon, chicken, turkey, or sea foods may be added.

Margaret Arneson

CHERRY SALAD

1 2-1/2 can sweet dark cherries
1/2 C. lemon juice
1 pkg. orange gelatin
1 3 oz. bottle stuffed olives
3/4 C.pecan meats, coarsely chopped

Drain juice from cherries into pint measuring cup. Add lemon juice and enough water to give 1 3/4 C. liquid. Turn into saucepan, heat, pour over orange gelatin and stir until gelatin is completely dissolved. Let chill until syrupy.

While gelatin is chilling, pit cherries. If you prefer very crisp nut meats, toast pecan meats in moderate oven for a few minutes. Drain olives and cut in slices. When gelatin is ready, add cherries, nuts and olives. Turn into a 1-1/2 qt. mold or individual molds. Chill until firm. Unmold and serve on lettuce. Serve with mayonnaise or a sour cream dressing.

Judy Collins

AVOCADO AND TOMATO SALAD MOLD

1 env. gelatin
1/4. cold water
1 C. boiling water
1 tsp. sugar
2 T. lemon juice
1 C. mashed avocado
1/2 C. each, sour cream and mayonnaise
1 tsp. salt
pepper and dash of cayenne

Soften gelatin in cold water, pour in boiling water, and stir until dissolved. Add sugar and 1 T. of the lemon juice. Chill until slightly thickened. Immediately after mashing avocado, add the remaining lemon juice, sour cream, mayonnaise, salt, pepper and cayenne. Mix thoroughly with chilled gelatin. Pour into 2 qt. ring mold. Chill until set. When set pour tomato aspic (use recipe in this book) over firm avocado aspic. Chill until set.

Unmold on greens. Serves 10-12. Center may be filled with potato salad.

Note—Use of gulaman in section "Household Hints".

FISH SALAD BOWL

6 lettuce cups
mayonnaise
chopped cold fish
6 ripe olives
chopped green pepper
1 T. lemon juice
curry powder

Arrange 6 nests of lettuce cups in bottom of shallow wooden salad bowl. Spread bottom of each with mayonnaise. Next place layer of fish. Then layer of chopped green pepper, dab of mayonnaise and another layer of fish. Thin some mayonnaise with lemon juice and pour over fish mixture. Cover each individual cup with dab of mayonnaise flavored with pinch of curry powder, top with slices of ripe olives.

Fill space between cups with thin slices of cooked ham rolled into cornucopias and filled with potato salad. Serves 6.

TOMATO ASPIC

1/2 C. boiling water
1 stick gulaman
2 C. tomato juice
1 tsp. salt
1 tsp. confectioners sugar
dash of cayenne
dash of celery salt
1 bay leaf
1 small onion, cut up
a few celery leaves
1 T. lemon juice

Dissolve gulaman in water. Simmer remaining ingredients, except lemon juice, together for 15 minutes. Strain and add softened gulaman and lemon juice. Stir until dissolved. Cool, then pour into individual oiled molds. Chill until firm. Six servings.

MANGO JEWEL

4 ripe mangoes, medium size
1 1/4 C. pineapple juice
1/2 C. sugar
1 stick gulaman, white

Spoon out mangoes and arrange pieces in a mold. Heat the pineapple juice with the gulaman. When gulaman has melted, add the sugar. Stir mixture well and strain. Pour gulaman mixture into the mold lined with mangoes and set aside to chill until it has hardened.

JELLIED SALAD

1 3/4 C. water
1/4 C. vinegar
juice of 3 calamansi
1/4 C. sugar
1/2 tsp. salt
1/2 tsp. worcestershire sauce
1/2 small onion minced
1 stick clear (white) gulaman
1 C. shredded cabbage
1 carrot grated
1 small can shredded pineapple, drained

Place all ingredients in left-hand column in a sauce pan. Bring to a boil.

Moisten and shred gulaman. Add to hot mixture. Boil at least five minutes, or until gulaman is dissolved. Strain into mold. Let stand about five minutes.

While still hot, stir in cabbage, carrot, and shredded pineapple. Mixture frequently jells before it is cold.

This same base can be used for jellied chicken or tuna salad.

Wilma Christie

GREEN JACK FRUIT SALAD

5 C. Green Jackfruit — shredded
2 1/2 C. Tagalog Onions
1/2 Kilo Green Tomatoes (med.) (4-5 cups)
1/2 C. Dill Pickles
Oil and Vinegar
1 C. Mayonnaise

Remove skin of fruit and divide into 4 parts. Soak in water to remove the resin for about 5 minutes, then boil in water for about half an hour or so. Take out the seeds and soak again the cooked fruit in one cup of oil together with the vinegar, salt and pepper (French dressing), then add the green onions (native) chopped fine, the dill pickles and tomatoes after taking out the seeds. This procedure will take about 5 hours or more until everything is well blended. An hour before serving, add the mayonnaise. Decorate with tomatoes, pickles, shrimps and ham.

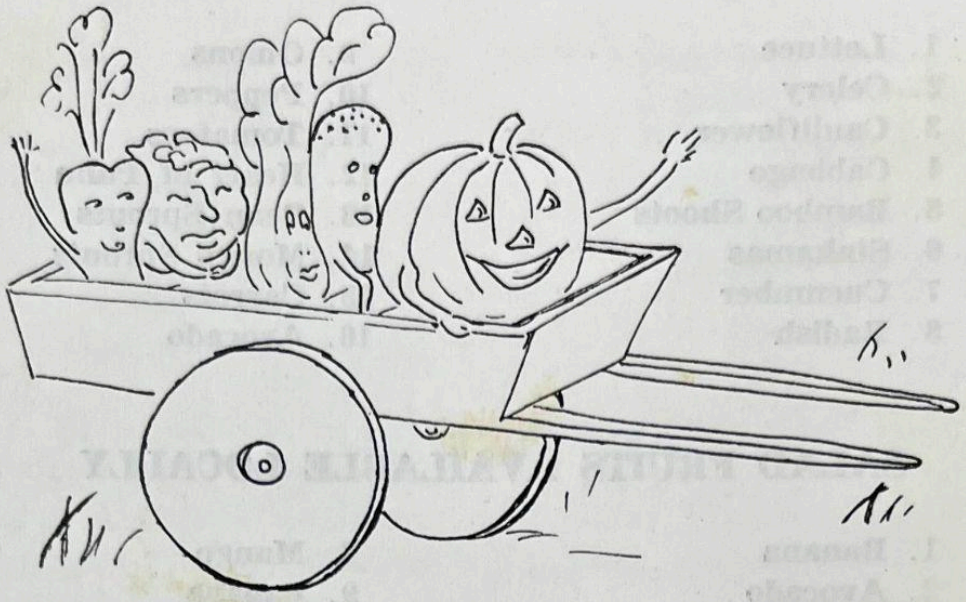
Remedios Cuyugan Vda. de Gonzalez

SALAD VEGETABLES AVAILABLE LOCALLY

1. Lettuce
2. Celery
3. Cauliflower
4. Cabbage
5. Bamboo Shoots
6. Sinkamas
7. Cucumber
8. Radish
9. Onions
10. Peppers
11. Tomatoes
12. Heart of Palm
13. Bean Sprouts
14. Mongo Sprouts
15. Carrots
16. Avocado

SALAD FRUITS AVAILABLE LOCALLY

1. Banana
2. Avocado
3. Grapefruit
4. Grapes
5. Guava
6. Apple
7. Orange
8. Mango
9. Papaya
10. Native Melons
11. Watermelon
12. Pineapple
13. Spanish Melon
14. Lanzone



VEGETABLES

SCALLOPED SUMMER SQUASH WITH CHEESE

1 3/4 lb. yellow summer squash
1 medium onion, finely chopped
1 bay leaf
6 sprigs parsley
salt
dash of cayenne
1 sprig thyme, optional
1 C. hot rich cream sauce
2 egg yolks
2 T. Swiss cheese, grated

Wash and cut squash into small pieces. Pour on them enough boiling, salted water to cover and add onion and bay leaf tied with parsley and thyme. Cook for about 20 min. or until tender. Drain thoroughly and discard seasonings.

Into cream sauce beat egg yolks and cheese and season highly with salt and cayenne. Add cooked squash pieces to sauce, transfer to baking dish buttered, and sprinkle over top a layer of grated Swiss cheese mixed equally with buttered bread crumbs. Bake in 300° over for about 35 min. and serve at once.

ASPARAGUS A LA POLONAISE

2 large bunches asparagus
1/2 C. butter
1/4 C. soft fried crumbs
2 small eggs, hard boiled,
1 T. parsely, finely chopped
salt and pepper, to taste

Cook asparagus using tips. Meanwhile melt butter. When it foams, stir in bread crumbs and continue to cook-over low flame until crumbs are well browned. Remove pan from fire and stir in eggs, parsley and salt and pepper.

Arrange cooked asparagus on hot platter in individual serving bundles and some sauce over each.

GREEN BEANS VINAIGRETTE

#2 can green beans, cooked
2 T. salad oil
2 T. vinegar
1 T. parsley, chopped
1 hard cooked egg, chopped
1 T. pimento, chopped
1 T. pickle relish
1/4 tsp. salt
1/4 tsp. suagr

Mix together. May be served over hot or cold beans. Suitable for a buffet meal.

I especially like this recipe. Often we plan for the fancy things but miss on some of the good simple ones.

Martha Bernhart

TOFU (SOYBEAN CURDS)

1/2 bar tofu (soft)
1 small onion, chopped
1 egg
Achuete
2 tsp. toyo
1/4 C. green onions, chopped
2 T. cornstarch
Salt

Mash tofu, add onion, green onion and toyo; break in the egg and mix, then add cornstarch, achuete water and salt. Form into balls and fry until brown. Serve with sweet corn sauce.

Leith Fonger

BAKED AVOCADO

Place 1 T. vinegar in each half, leave on for 1/2 hour. Then pour out. Fill with creamed meats, vegetables, etc. and place on waxed paper. Cover with buttered crumbs. Bake at 375° for 15 minutes.

Leith Fonger

BEAN SPROUTS AND BACON

6 C. bean sprouts
1/2 lb. bacon
2 tsp. vinegar

Fry bacon until done, remove from fire and drain. Add vinegar. Pour over bean sprouts which have been boiled 15-20 min. drained.

Leith Fonger

MARINATED BEANS

1 C. Wesson oil
3/4 C. vinegar (1/4 wine, 1/4 white, 1/4 tarragon)
1 T. sugar
1/4 C. water
1 tsp. salt
dash black pepper
3 cloves garlic, mashed
2 cans Blue Lake whole string beans, or equal amount fresh

Make a layer of beans and thinly sliced onions alternating until all are used in a covered dish. Pour liquid mixture over beans and onions. Shake and place in refrigerator overnight. Shake every few hours until served.

Helen Wilson

RED CABBAGE

1 lg. head red cabbage
1/4 C. water
1 apple
4 T. vinegar
a few cloves
salt
2 T. sugar

Chop cabbage fine and put in stew pan with water and boil. Add apple, cloves, salt and sugar. When done, add vinegar and some butter and serve very hot.

Ella Lyman

TOMATOES SCALLOPED

1 #2-1/2 can tomato puree
1/4 C. boiling water
1/4 tsp. salt
6 T.brown sugar
1 C. fresh white bread crumbs
1/4 C. melted butter

Place puree in sauce pan. Rinse can with boiling water and add to puree. Heat to boiling point and add salt and brown sugar. Place bread crumbs in a baking dish. Pour melted butter over them. Add tomato mixture and cover the dish. Bake in moderate oven for 30 minutes. Do not remove the cover until ready to serve.

Mildred Miles

STUFFED GREEN PEPPERS

4 large, smooth green peppers
white bread, cut in small pieces
1 egg
1 onion, chopped fine
1/2 lb. hamburger
salt and pepper to taste
tomato juice

Clean peppers and place in boiling water and let stand 10 minutes. Drain. Fill with stuffing of bread, soaked and squeed, eggs, onion, hamburger and salt and pepper.

Dip open end of peppers in flour and fry until brown. Lay peppers on side in baking dish. Add some tomato juice. Bake. Turn several times while baking. Remove peppers when tender and make gravy from liquid in pan. The chopped pepper tops may be added to gravy.

Mrs. D. Reupke

RED CABBAGE

2 T. bacon drippings
3 small onions
medium head red cabbage
2 gree napples, cut up
salt and pepper
1/2 C. vinegar
1 T. sugar

Brown chopped onions in bacon drippings. Slice cabbage in thin slices and pour cold water over it. Put all ingredients together and steam for 25 min.

ASPARAGUS AND ALMONDS

asparagus, cooked and drained
almonds, toasted and chopped
2 T. butter
2 T. flour
1/4 tsp. salt
1/8 tsp. pepper
1 C. milk
1/2 C. cheese (sharp American)
1/4 tsp. dry mustard

Make cheese sauce of all but asparagus and almonds alternate layer of asparagus with cheese sauce and almonds in baking dish. Bake at 350° for 15-20 min.

Marty Gillespie

SINCOMAS

Peel and serve in various ways.

1. Slice thin in stews, it stays crisp.
2. Slice thin in chop suey.
3. Raw, grated, as salad. With French tomato dressing.

UPO — WHITE SQUASH

1. Boil with sliced onions in canned tomatoes. Use no water.
2. Peel and remove seedy portion. Slice or dice. Cook in salted water seasoned with bouillon cubes, or cook in stock.

WHITE CUCUMBER

Peel and remove seedy portion.

1. Dice and cook in salted water. Drain. Add cream sauce.
2. Halve, cook a little, then stuff with seasoned hamburger mixture and bake.

CAMOTE LEAVES

Select tender tips and leaves from bunches. Wash well. Cook with salt and small amount of water about 5 minutes. There is water remaining on leaves from the washing. Drain and serve as vegetable, or cold with salad dressing. Save the drained water which is an excellent addition to soups.

KANGKONG

Pick leaves from stems and proceed as with Camote leaves. The water is excellent for soups. The hollow stems of this plant are good cooked and served as a vegtable, like string beans.

GREEN BEANS

With mushroom sauce:

1/2 kilo green beans
salt
1/2 can mushroom soup

Cook green beans in a small amount of boiling salted water until tender. Drain, turn heat down to low, add mushroom soup and simmer 5 minutes. Serves 4.

With tomato sauce:

1 small onion
1/2 kilo beans
4 T. catsup

Dice one small onion and cook with beans until beans are tender. Drain, turn heat to low and add catsup. Simmer 5 min. Serves 4.

With bacon:

After draining beans cooked with onion, add two slices of lean bacon which have been diced and cooked over a slow heat until crisp. Part of the bacon fat may be added for flavoring if desired. Serves 4.

CHAYOTE RING

3 C. chayote, cooked and mashed
1 T. minced or grated onion
3 T. margarine or butter, melted
1/8 tsp. pepper
3 eggs

Mix together chayote, onion, pepper and butter. Beat well and add eggs. Pour in well greased ring mold. Cook in pan of water 350° oven. Cook 45 minutes to and hour. Unmold.

Fill center as desired, creamed peas and carrots are attractive.

Ruth Thompson Scollay

CHAYOTE OR SAYOTE

Peel, cut in half and remove seed and hard part.

1. Dice, cook in salted water until tender. Drain and add butter before serving.
2. Halve, cook until tender, top with melted cheese.
3. Halve, cook until tender, serve cold as salad.
4. Raw, grate as salad. Use French dressing.
5. Thinly slice into thin batter; cook slowly as an omelet. Nice with tomato, green pepper, onion.
6. Wash, peel and cut into small pieces. Season to taste. Add onion and tomatoes. If fresh tomatoes are used it may be necessary to add a small amount of water. Cook slowly. Serve with crisp bacon pieces sprinkled on top.

BROILED MUSHROOMS

1 lb. white mushrooms
juice of 1 lemon
salt and pepper
olive oil
melted butter
parsley, chopped

Peel mushrooms and soak for 5 min. in cold water acidulated with lemon juice. Drain and dry them well, and season with salt and pepper. Brush with olive oil and broil very slowly. Serve with melted butter and parsley. 2 generous servings.

Joy Morris

GREEN PAPAYA

Choose small ones, with white flesh. Peel and remove seedy portion.

1. Slice, use in beef stews. Aids as tenderizer.
2. Small halves, cook until tender in salted water seasoned with bouillon cubes. Fill with hamburger mixture well seasoned, and bake until tender. Add catsup or tomato sauce on top.

SWEET POTATO OR CAMOTE BALLS

Boil and peel sweet potatoes or camotes. Mash and season with butter, salt, pepper and pineapple juice to make soft balls. Roll between palms of hands with a piece of pineapple as center of ball. Roll in finely crushed corn flakes. Dip or roll in butter. Place on baking sheet to brown.

Emma S. Thomas

EGGPLANT AND TOMATO CASSEROLE

6 medium eggplants
1 medium tomato, quartered
1/2 onion, finely chopped
1/4 C. butter
2 T. brown sugar
1/2 C. buttered crumbs
salt and pepper

Arrange layers of eggplant slices and tomatoes in a greased casserole. Sprinkle each layer with chopped onion, soft butter, brown sugar, salt and pepper. Sprinkle top with buttered crumbs. Bake in moderate oven 40-45 minutes until brown. Grated cheese may be added to the top for the last 15 min. of baking time. Serves 4.

EGGPLANT BOILED

6 eggplants, pared and cut in 1/2" strips
1/2 onion chopped
2 T. parsley, chopped
2 T. butter
salt and pepper

Cook eggplant in small amount of boiling water until soft. Brown onion in butter. Add parsley and eggplant. Season to taste. Serves 4.

SCALLOPED EGGPLANT

6 eggplants, pared and cut 1/2" cubes
1/2 onion, chopped fine
2 T. butter
1 T. parsley, chopped fine
1/2 C. buttered crumbs

Cook eggplant in small amount of boiling water until soft. Drain. Cook onion in butter until yellow. Add parsley and eggplant. Put in buttered baking dish. Cover with buttered crumbs. Bake at 375° until crumbs are brown. Serves 4.

CHINESE CABBAGE

1 kilo Chinese cabbage
1/2 onion, chopped
1 tsp. nutmeg
2 T. butter
1 T. flour

Wash the cabbage, cut the stem out. Boil in salted water until soft. Drain. Chop very fine. Brown the onion in butter. Add chopped cabbage, sprinkle with flour and mix. Add nutmeg and season to taste. If too thick add a little of the water from the boiled cabbage.

SCALLOPED EGGPLANT

6 eggplants
2 slices bacon
1 onion, minced
2 eggs, beaten
1/2 C. evaporated milk
1/2 C. buttered crumbs

Peel, dice and cook eggplant until tender in salted water. Drain and beat with fork until fluffy. Crisp bacon, remove from pan and crumble. Saute onion in bacon fat and add to eggplant, together with eggs and milk. Add crumbs and put in casserole. Sprinkle crumbs on top. Bake 40 minutes in moderate oven.

Leftover bits of meat or 1/2 C. chopped pilinuts or peanuts may be added.

Leith Fonger

GLAZED CARROTS AND PINEAPPLE

2-1/2 C. carrots, sliced
1/2 C. pineapple tidbits
3/4 tsp. salt
1 T. cornstarch
1/2 C. water
2 T. butter

Cook carrots with salt and water until tender. Drain off liquid into measuring cup and add syrup of pineapple to make 1 cup. Mix with cornstarch. Cook, stirring constantly until thick and clear. Stir in butter. Add carrots and tidbits which were drained from syrup. Heat.

Ruth Walser

BEETS WITH MUSTARD SAUCE

6 medium sized beets

Wash thoroughly. Leave whole and cover with water. Boil until soft. The cooking time varies: 40-60 min. for young beets, 1-2 hours or more for mature beets. When done remove skins under cool water, cut off stem and season with salt and pepper. Serve with mustard sauce.

Mustard Sauce:

2 T. butter
2 T. flour
1 tsp. prepared mustard
1/2 C. sugar
1 T. mayonnaise
3/4 tsp. salt
3/4 C. water
3/4 C. vinegar
4 small sweet pickles, chopped fine

Melt butter over low heat, add flour, sugar and salt stirring until well blended. Remove from heat adding water and vinegar slowly. Return to heat and cook stirring constantly until thick and smooth. Add gradually the mayonnaise, mustard and chopped pickles. Blend well and serve hot. 2 1/3 C. sauce. Good also as fish sauce.

PECHAY

When cooked, drain and season with crisp, diced bacon.

SITSARO

4 lbs. sitsaro, very young
1/2 sm. head lettuce, finely shredded
3 T. raw chopped bacon
3 T. butter
dash of nutmeg

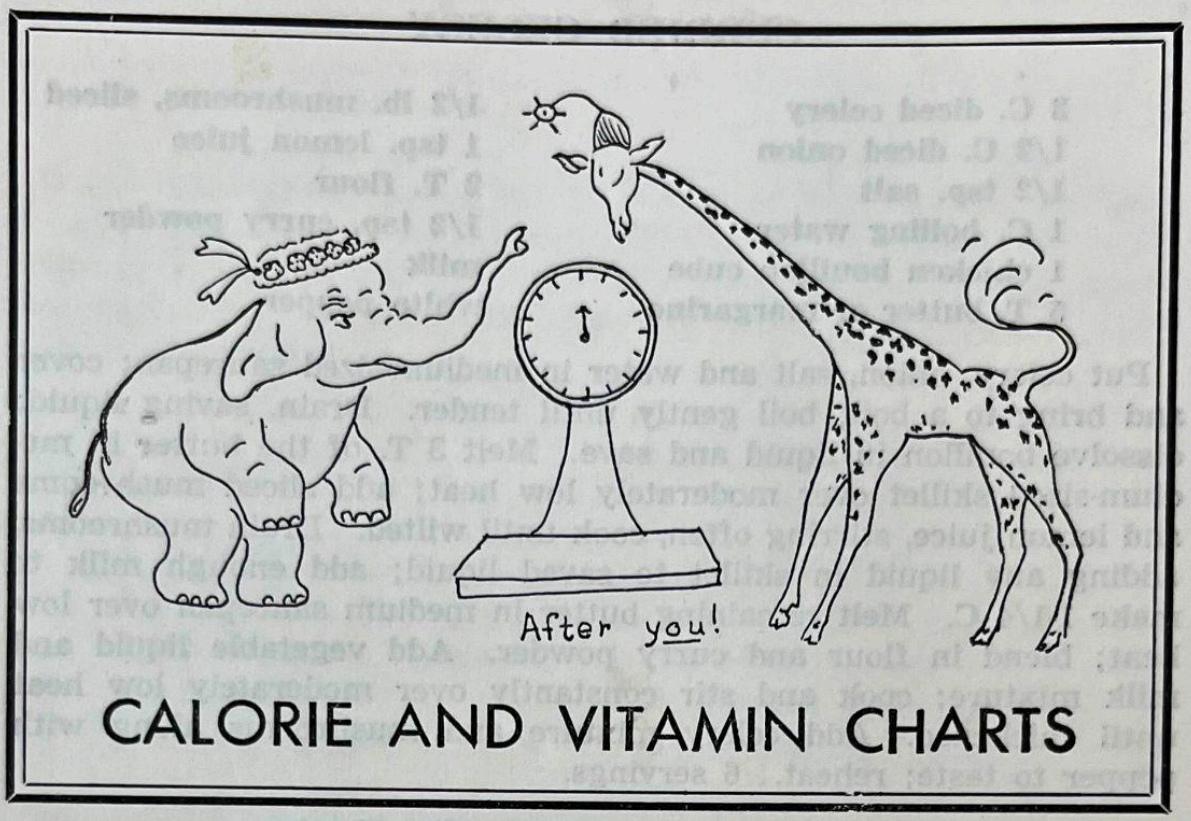
Wash sitsaro and place in saucepan with lettuce, bacon, butter, salt, pepper, nutmeg and enough water to barely cover. Cook gently until pods are tender about 10 min. There should be almost no water left when peas are done. If peas are not sweet enough stir in 1 scant tsp. sugar.

CURRIED CELERY

3 C. diced celery
1/2 C. diced onion
1/2 tsp. salt
1 C. boiling water
1 chicken bouillon cube
5 T. butter or margarine
1/2 lb. mushrooms, sliced
1 tsp. lemon juice
2 T. flour
1/2 tsp. curry powder
milk
white pepper

Put celery, onion, salt and water in medium-sized saucepan; cover and bring to a boil; boil gently until tender. Drain, saving liquid; dissolve bouillon in liquid and save. Melt 3 T. of the butter in medium-sized skillet over moderately low heat; add sliced mushrooms and lemon juice, stirring often, cook until wilted. Drain mushrooms, adding any liquid in skillet to saved liquid; add enough milk to make 1-1/4 C. Melt remaining butter in medium saucepan over low heat; blend in flour and curry powder. Add vegetable liquid and milk mixture; cook and stir constantly over moderately low heat until thickened. Add celery mixture and mushrooms along with pepper to taste; reheat. 6 servings.

Elva Shepley



CALORIE AND VITAMIN CHARTS

CALORIE CHART FOR FISH * SHELLFISH * MEAT * POULTRY

(Based on a medium sized serving (6 or.) after cooking and the removal of all visible fat and bone).

Fish — Shellfish	Cal. per 6 oz.	Suggested uses
Bass (apahap)	150	boil or bake
Crab (alimango)	150	
Flounder (dapa)	150	filet
Grouper (lapu-lapu)	150	boil or bake
Lobster (ulang)	150	
Mackerel (tanguingue)	200	bake or fry
Milk fish (bangus)	200	bake or stuff
Pampano (malapita, muslo manipis)	150	fillet
Prawns (sugpo)	150	
Red Snapper (maya-maya)	250	boil or fillet
Shrimp (hipon)	150	
Sturgeon (labahita)	150	fillet

Meat — Poultry cont.	**Cal. per 6 oz.**	**Suggested uses**
Beef, lean, (baka)	400	
Beef, corned (kornbif)	520	
Chicken, white meat (manok)	150	
Chicken, dark meat	250	
Bologna (laman)	400	
Duck (ganza)	520	
Frankfurter (suriso)	400	
Ham (jamon)	520	
Kidney, beef (bato ng baka)	250	
Kidney, pork (bato ng baboy)	150	
Lamb (tagiang)	400	
Pork, lean (kareng baboy)	520	
Turkey, white meat (pabo)	250	
Turkey, dark meat	400	

FOOD COMPOSITION OF SOME PHILIPPINE FOODS

FOOD	CALORIES	VITAMINS					MINERALS		
	1/2 cup	A	Thiamine B_1	Riboflavin B_2	C	Niacin	Calcium	Phosphorus	Iron
Fruits									
Ates (custard apple)					x				
Avocado (avocado)	200	xx	xx	x					
Banana (saguing) 1 medium	100	x	x	x	x				
Grapefruit (suha, pomelo)	50				x				
Grapes (ubas)									
Guava (vayabas, pula)	50	xx	x	x	xx				
Kalamansi	25	x	x	x	xxx				
Lanzon (lanzones)									
Mango (manga) ripe	100	x							
Melon, native (melon Tagalog)	25								
Melon, Spanish (melon castila)	25				xx				
Orange (naranjita) 1 medium	50	x	x	x	xx				
Papaya (papaya)	50	x	x	x	xx				
Pineapple (piña)	50	x	x	x	xx				
Strawberry (stro-beri)					x				
Watermelon (pakuan)	25								
Vegetables									
Bamboo shoots (labong)	25		x	x					
Banana buds (puso)	12½						x		
Bean sprouts (tu-ogi)	12½	x	xx	xx	xx				
Beets	25								
Cabbage (petsay)	12½	x	x	x	x		xx		x
Carrots (karot)	25	xx	x	x	x				x
Cauliflower (koliplower)	12½				xx				
Celery (kinchay)	12½								
Chinese cabbage (petsay)	12½	x			xx		xx		x
Corn (mais) 1 ear	100	x	x						
Eggplant (talong)	25	x	x	x					

FOOD	CALORIES	VITAMINS				MINERALS			
	1/2 cup	A	Thiamine B_1	Riboflavin B_2	C	Niacin	Calcium	Phosphorus	Iron
Vegetable, cont.									
Garlic (bawang)	50		x					x	
Leeks (cuchay) 6	25								
Lettuce (letsugas)	12½	xx	x	x	xx		xx		x
Cucumber (pipino)	12½								
Mushrooms (kabuti)	12½	x	x	x					
Onions (cibuyas) 1 medium	50				xx				
Patola, similar to zuchini	12½								
Pea pods (sitsaro)	25	xx	xx	x	xx		x		
Pepper (cili)	12½	xx	xx	xx	xx				
Potato (patatas) 1 medium	100	xx				x			
Radish (rabanus)	12½								
Singkamas (turnip texture, sweet and mild)	25								
Spinash (ispinaka, kolitis)	12½	xx			x	x	xx		
Squash, pale green (sayote)	12½								
Squash, yellow (calabasa)	50	xx	x	x	x		x		x
String beans, long yellowish green (sitaw)	12½	x	xx	x	x		x		x
String beans, short green (payap)	12½	x	xx	x	x		x		x
Sweet potato (kamote)	100	xx	x	x	x				x
Tomato (camates)	25	x			x				
Nuts, Beans, Seeds, etc.									
Cashew nut (kasoy)	250		xx			x		xx	
Coconut	175								
Peanut, roasted (mani)	420		xx			xx	x	xx	x
Pili nut	640		xx			xx	x	x	
Soy bean, green (balatong)	150					x			
Soy bean, dried	350		xx	x		x	xx	x	

HOUSEHOLD SUGGESTIONS

1. To prevent paint odor, add one ounce of pure vanilla extract to a gallon of paint and stir well. The vanilla does not harm the color and can be added to any paint.
2. To improve flavor of baked fish rub with 2 T. calamansi juice before baking.
3. Add 1/2 tsp. baking powder to yeast when making bread.
4. Add 1 tsp more of baking powder to cake recipes for baking in the Philippines.
5. If food is burned place pan in cold water before removing food. This prevents food from tasting scorched.
6. To keep souffles from falling, add 1/2 tsp. baking powder to every 4 eggs used.
7. Stuffed avocadoes make good luncheon party dishes. Try filling them with lobster newburg, chicken a la king, chili or hot curried shrimp.
8. If iron sticks from starch, rub iron over waxed bread wrapping paper or wipe with a little vinegar.
9. To keep recipe card clean while using, insert card between tines of fork. Insert fork handle in glass or cup.
10. Use felt from old hats to glue on bottom of vases, ash trays, etc. to prevent scratching of furniture.
11. To tomato juice cocktail or soup add a little oregano or majoram for zest.
12. When making cream of tomato soup from canned or fresh tomato or tomato juice add a pinch of baking soda to tomato before adding milk to prevent curdling.
13. Gulaman is a successful substitute for gelatin. It holds it's shape better in the tropics. Use 1 stick of gulaman for every tablespoon (envelope) of gelatin called for in the recipe.

    To use: first immerse stick in cold water, squeeze out excess moisture and tear into shreds. Put in boiling water indicated in the recipe and stir till completely dissolved — about 5 min. Strain to remove lumps and proceed with directions of the recipe.

14. To roast meat or fowl without basting try baking in a paper bag. The oven will remain clean because no fat can spatter.

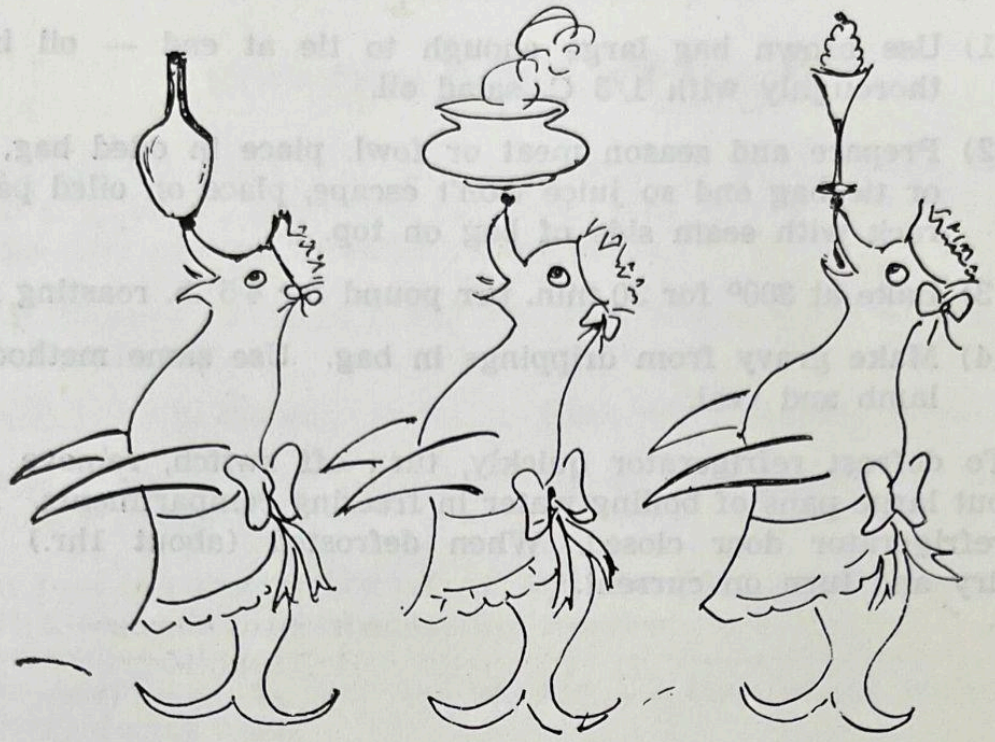
    (1) Use brown bag large enough to tie at end — oil inside thoroughly with 1/3 C. salad oil.

    (2) Prepare and season meat or fowl, place in oiled bag, fold or tie bag end so juice won't escape, place on oiled pan or rack with seam side of bag on top.

    (3) Bake at 300° for 30 min. per pound for 4-5 lb. roasting fowl.

    (4) Make gravy from drippings in bag. Use same method for lamb and veal.

15. To defrost refrigerator quickly, turn off switch, remove food, put large pans of boiling water in freezing compartments. Keep refrigerator door closed. When defrosted (about 1hr.) wipe dry and turn on current.



MISCELLANEOUS

SPECIAL FRUIT SALAD DRESSING

1 C. sugar
1/2 C. vinegar
1/4 tsp. mustard
1 T. paprika
1/2 T. flour
1 T. onion juice
1 C. salad oil
1 T. celery seed

Boil first five ingredients for two minutes. Cool. Beat in the remaining three ingredients.

Martha Bernhart

FRENCH SALAD DRESSING

1 can tomato soup
3/4 C. vinegar
3/4 C. sugar
1 C. oil, salad or olive
1 tsp. salt
2 tsp. dry mustard
2 tsp. paprika
1 medium onion, grated
garlic to taste

Combine all ingredients in jar and shake thoroughly. Keep in refrigerator. Makes about 1 quart.

Elva Shepley

POWDERED MILK CANDY

1 C. sugar
1/3 C. whole milk
2 T. butter
1 C. powdered milk
flavoring
nuts
Add cocoa for fudge — 4 T.

Boil sugar, whole milk and butter for 3 minutes. Cool and add powdered milk, flavoring, nuts and cocoa. When it begins to thicken either drop in individual pieces or put in pan to harden.

This recipe is recommended for children who are not drinking their daily requirement of milk.

Holly Bernhart

STRAWBERRY ICING

1 egg white
1 C. sugar
1 C. frozen sliced strawberries, about 8 oz.

Put ingredients into cake mixer and mix until ready to spread.

Ruth Thompson Scollay

CANDIED COCONUT STRIPS

1 coconut, 2/3 ripe
1 C. sugar
1 tsp. vanilla

Select a large coconut on which the outside covering is mostly brown, but still partly green. Husk it, and peel off the brown skin very thinly. Cut a small slice from one end and remove the milk. With a paring knife cut thinly round and round across the white meat, making long ribbon-like strips. Wash them until the water becomes clear. Put the strips in sauce-pan, cover with the sugar, and stir gently with a wooden spoon or chop-sticks until the sugar is fairly well melted.

Cook slowly about a half-hour, stirring gently until the syrup is all used. Remove from heat. The excess sugar will settle dry in the bottom of the pan and may be used for something else. Add vanilla, and continue to stir gently until strips are well separated. Dry them in the sun for several hours; if necessary dry them again the following day. They will keep for several weeks.

If desired, a few of the strips may be colored with cake coloring and mixed in with the others.

Blanche Stroup

BANANA WHIP FOR ICING

1 mashed banana
1 egg white

Beat egg white until stiff, add mashed banana. Put on cake and bake.

Muriel Jay

HOT SPICED TEA

1 tsp. whole cloves
1-inch stick cinnamon
3 qts. water
2 1/2 T. black tea
juice of 3 oranges
juice of 1 1/2 lemons
1 C. sugar

Tie spices loosely in bag and bring to boiling in water. Add tea tied loosely in bag; steep 5 minutes. Remove bags. Heat fruit juice and sugar; add to tea. Serves 20.

Phyllis Bremer

FRUIT SALAD DRESSING

1/2 C. sugar
1 tsp. salt
1 tsp. dry mustard
1 tsp. celery seed
1 tsp. paprika
1 T. onion juice
1/4 C. vinegar
1 C. Wesson Oil

Mix dry ingredients, add vinegar, onion juice, Wesson Oil slowly and beat. **Takes a lot of beating**—about 20-30 min. Very good.

Irene Anderson

FRENCH DRESSING

1/2 C. salad oil
1/4 C. vinegar
1/2 C. sugar
1/2 C. tomato catsup
1 onion chopped fine (1/2 if large)
1 tsp. salt

Mix all ingredients well.

Irene Bowen

PICKLED PINEAPPLE

1 medium pineapple
3 1/2 C. pineapple vinegar
cloves
stick cinnamon
whole allspice, to taste

Select pineapple that is ripe but still very firm. Cut into chunks the size of canned chunks. Bring vinegar, cloves, cinnamon and allspice to a boil, add pineapple, boil about 20 minutes. Place in jar. Store in refrigerator for about a week before eating. Aging improves the flavor. Excess syrup may be re-used.

Mary Lou Ferst

SWEET SOUR SAUCE

1 C. water
2 T. vinegar
2 T. toyo
4 T. sugar
2 T. cornstarch

Mix all ingredients until sugar is dissolved. Cook slowly stirring constantly until mixture thickens.

COTTAGE CHEESE IN A HURRY

1/4 C. calamansi juice
1 pt. cold milk (fresh or made from whole or skimmed powdered milk)

Add calamansi juice to milk. Let stand at least an hour so the milk will curdle. Add boiling water to cover and let stand. In a half hour or so the milk will have formed a thick curd. Put in a cloth or sugar sack to drain, add salt and pepper to taste. There is no taste of the calamansi juice in the final product.

Ruth Scollay

DEVILED EGGS

4 hard-cooked eggs
1 T. tomato juice
1 1/2 tsp. vinegar
1 tsp. onion, grated
dash chili powder
1/2 tsp. dry mustard
1/2 tsp. salt
1/8 tsp. pepper
1/8 tsp. liquid no-calorie sweetener

Cook eggs; remove shells, cut lengthwise in halves; remove yolks. Mash yolk in small bowl, blend in all seasonings. Pile yolk mixture into egg whites. 4 servings — 75 calories for 2 halves.

SPICY DRESSING

2 T. flour
1 C. water
1/2 C. vinegar
1/4 C. catsup
1 tsp. prepared horseradish
1 tsp. dry mustard
3/4 tsp. liquid no-calorie sweetener
1/2 tsp. Worcestershire sauce
1/2 tsp. paprika
1/8 tsp. pepper
1 clove garlic, peeled

Measure flour into small saucepan, slowly add water, stirring constantly. Cook over low heat until mixture thickens and boils 1 minute; remove from heat, cool. Add vinegar, catsup, horseradish, mustard, sweetener, Worcestershire sauce, paprika, salt and pepper. Beat until smooth and well blended, add garlic. Store in refrigerator in covered jar. Shake well before using. Makes about 1 pint. Calories°: As good as anything with no calories can be.

COCO HONEE

1 pint coconut cream
1 calamansi, juiced
1/2 penoche, about 2 C. shaved fine

Cream is obtained by squeezing grated fresh coconut. Combine with penoche and cook until thick, 216° to 223°. Just before removing from fire add calamansi juice. Strain and bottle. Usually takes about one hour.

Frank Miles

PEANUT BRITTLE SUPREME

2 C. sugar
1 1/2 C. peanuts, heated
1 tsp. salt
1 tsp. soda, scant

Melt sugar in large skillet until golden brown and smooth. Add heated nuts, stirring quickly. Add soda and salt. Mix **fast** and remove from fire at once and pour into lightly buttered aluminum tray. Begin pulling the brittle, using a fork to lift and pull. Start at the edges and continue around and around. Stop pulling before it becomes too brittle and breaks. Cut off pieces along the edges as soon as a large enough piece has been pulled out. Continue working toward the center. This makes a thin and brittle candy.

Karl Kreutz

SUGARED WALNUTS

1 1/2 C. sugar
1/4 C. honey, or Karo
1/2 C. water
1/2 tsp. vanilla
1/2 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. nutmeg
2 C. nut halves

Mix and cook sugar, honey, water to 248° or firm ball stage. Add vanilla, cinnamon, cloves, nutmeg. Stir until creamy. Add nuts. Spread to dry on waxed paper. Grated orange peel and a little cinnamon may be used instead of spices. This is good for mixed nuts, also.

Earl Green

SPEEDY CHEESE SAUCE

To be used over asparagus, cabbage, cauliflower, etc.

1/2 lb. sharp processed American cheese
1/3 C. milk.

Melt cheese over hot water. Gradually stir in milk. Makes 1 cup.

CALAMANSI MARMALADE

50 calamansi
water
sugar

Squeeze juice from calamansi in order to remove seeds. Put juice to one side, discard seeds. Put skin and pulp through meat grinder.

Cover ground skin and pulp mixture generously with water. Bring to boil and boil briskly about 15 minutes; add juice and boil ten minutes longer.

Measure skin and pulp mixture; add an equal quantity of water. Bring to boil again, and boil briskly about 10 minutes.

Measure again. For this stage never have more that 4-5 cups of liquid. Add equal quantity of sugar. Bring to boil and boil until it reaches jelly stage. Begin testing after 10 minutes of boiling. Usually takes about 20 minutes. (Test by putting small quantity on saucer.) While hot, pour into hot, sterile jars.

(The quantity is divided for final boiling so that it will take less time to boil and thus retain more natural color and flavor.)

Mrs. Alexander Christie

APPLE SAUCE

The favorite of my children consists of avocados put through a Foley Food Mill or sieved. Use ripe ones so there no lumps. I hesitate to give proportions for this recipe because people's tastes for apple sauce vary so. I use the juice of several calamansi and offset them with sugar to taste. Spice with nutmeg or cinnamon to taste. The pale green color makes it very attractive on the table. Good any meal.

Ruth Thompson Scollay

EASY BREAD AND BUTTER PICKLES

4-5 medium cucumbers
3 Medium onions, sliced
1/4 C. salt
1 C. vinegar
1/2 tsp. celery seed
1 C. water
1/2 tsp. mustard seed
3/4 C. sugar
1/2 tsp. ginger
1/4 tsp. tumeric

Wash cucumbers and cut in thin slices. Add onions to cucumbers. Sprinkle with salt. Let stand 2 hours. Drain well!

Heat vinegar, celery seed, water, mustard seed, sugar, ginger and tumeric. When boiling, add cucumber and onions. Boil slowly until tender. Not more than 10 minutes. Cool and store in refrigerator. Keep indefinitely.

Wilma Tye

NON-FAT WHIPPED TOPPING

1/2 C. water
1 T. lemon juice
1 tsp. vanilla
1/2 C. non fat dry milk
3 T. sugar
1/4 tsp. cinnamon

Combine water, lemon juice and vanilla. Sprinkle dry milk over top of liquid. Beat until stiff, about 7 min. Sprinkle sugar and cinnamon over top. Beat until sugar is dissolved and mixture is stiff enough to hold soft peaks, about 5 min. Makes 2 1/2 C.

You may omit cinnamon and use other flavorings and spices as desired. To be used in place of whipped cream.

CREAMY BLUE CHEESE DRESSING

1/4 lb. soft blue cheese
3 T. light cream
1/2 C. mayonnaise or salad dressing
1 tsp. prepared mustard
6 T. salad oil
1/4 C. wine vinegar
1/8 tsp. black pepper
1/8 tsp. salt

DAY OR MORE AHEAD:

With fork, mash cheese with cream until creamy. Place in jar with rest of ingredients. Shake until well blended and very creamy. Store in refrigerator.

Dottie Voorhis

MIXED MUSTARD PICKLES

1 large cauliflower
3 green peppers
1 sweet red pepper
3 C. small white onions
2 lb. green tomatoes
3 C. tiny whole cucumbers
1 qt. unpared cucumber slices, 1/8"
1 C. salt
1 qt. cold water
1 1/2 qt. vinegar
2 C. granulated sugar
2 tsp. celery seeds
3/4 C. sifted flour
1 1/4 C. dry mustard
1 1/2 C. turmeric
2 C. cold water

Wash cauliflower; break into small flowerettes. Wash, seed and halve peppers; cut in 1/4" crosswise slices. Pour boiling water over onions; let stand 5 min.; skin. Wash and cut tomatoes into eighths In large bowl, mix cauliflower, peppers, onions, tomatoes whole and sliced cucumbers. Cover with salt and 1 qt. cold water combined. Let stand 16 hrs.; bring just to boil in same water. Drain.

Meanwhile, heat vinegar, sugar, and celery seeds till boiling. Mix flour, mustard, turmeric, water, to form paste; stir into vinegar mixture.

Add to drained vegetables; cook, uncovered, 20 min. stirring, Turn at once into hot sterilized preserve jars; seal at once. Makes about 9 pints.

Alice Hall

CHOCOLATE FUDGE

2 C. sugar
1 C. milk
1 sq. Baker's chocolate
1/8 tsp. salt
1 tsp. vanilla

Cook sugar, milk and chocolate until, when dropped in water, a definite ball is formed, which can be picked up with fingers. Remove from fire and let stand until all the heat is gone. The creaminess depends on this cooling. Add salt and vanilla and beat until the fudge seems thick enough to cut. This may require considerable time.

Beth Magee

MANGO CHUTNEY

1 clove garlic
1 1/2 tsp. salt
2 1/4 C. brown sugar
2 C. cider vinegar
1 1/2 C. raisins
3/4 C. fresh gingerroot, chopped
1/2 C. onions, chopped
1 lemon, chopped
5 mango, diced (firm, slightly under ripe)

Cook until fruit is tender, then seal in sterilized jars. This will make 4 or 5 pints.

APPLE SAUCE

3 green mangoes
1/2 T. sugar

Peel and boil mangoes until soft. Sieve, and add hugar. To use with pork add 2 T. of the pork drippings. Young papaya may be used adding a little calamansi. This is tart and has texture of applesauce but not its flavor.

Ruth Thompson Scollay

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